CRITICAL CARE

COOKERY

T. 375

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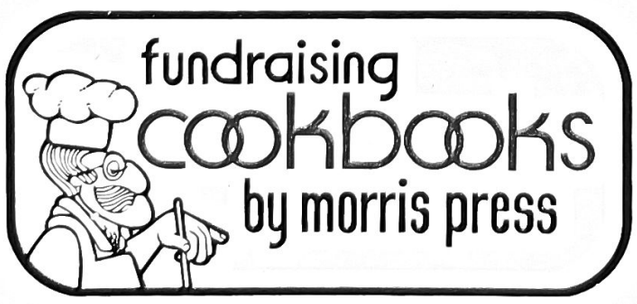

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Critical Care Cookery

Sponsored by

The ICU Nurses
Virginia Mason Hospital
Seattle, Washington

Editors

Cindi Knight
Shirley Storch-Sherman
Alix O'Donnell

In Dedication

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen and celebrations.

We, in ICU, like to celebrate with potlucks at work. Our potlucks are famous as we are blessed with a myriad of superb cooks!

Requests usually accompany a potluck sign-up sheet; they may be for dishes such as Rick's beans, Judy's or Shirley's artichoke dip, Alix's BBQ wieners, Marti's taco salad, Nenette's fruit salad or Jane's hamburger soup.

Our thanks to all those who generously contributed their favorite recipes.

We hope you will experience the many outstanding and treasured recipes on the pages that follow.

Enjoy!

Expression of Appreciation

The ICU Nurses would like to thank and express our sincere appreciation to the many people in ICU and other departments who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, this book would not have been possible.

The Cookbook Taskforce

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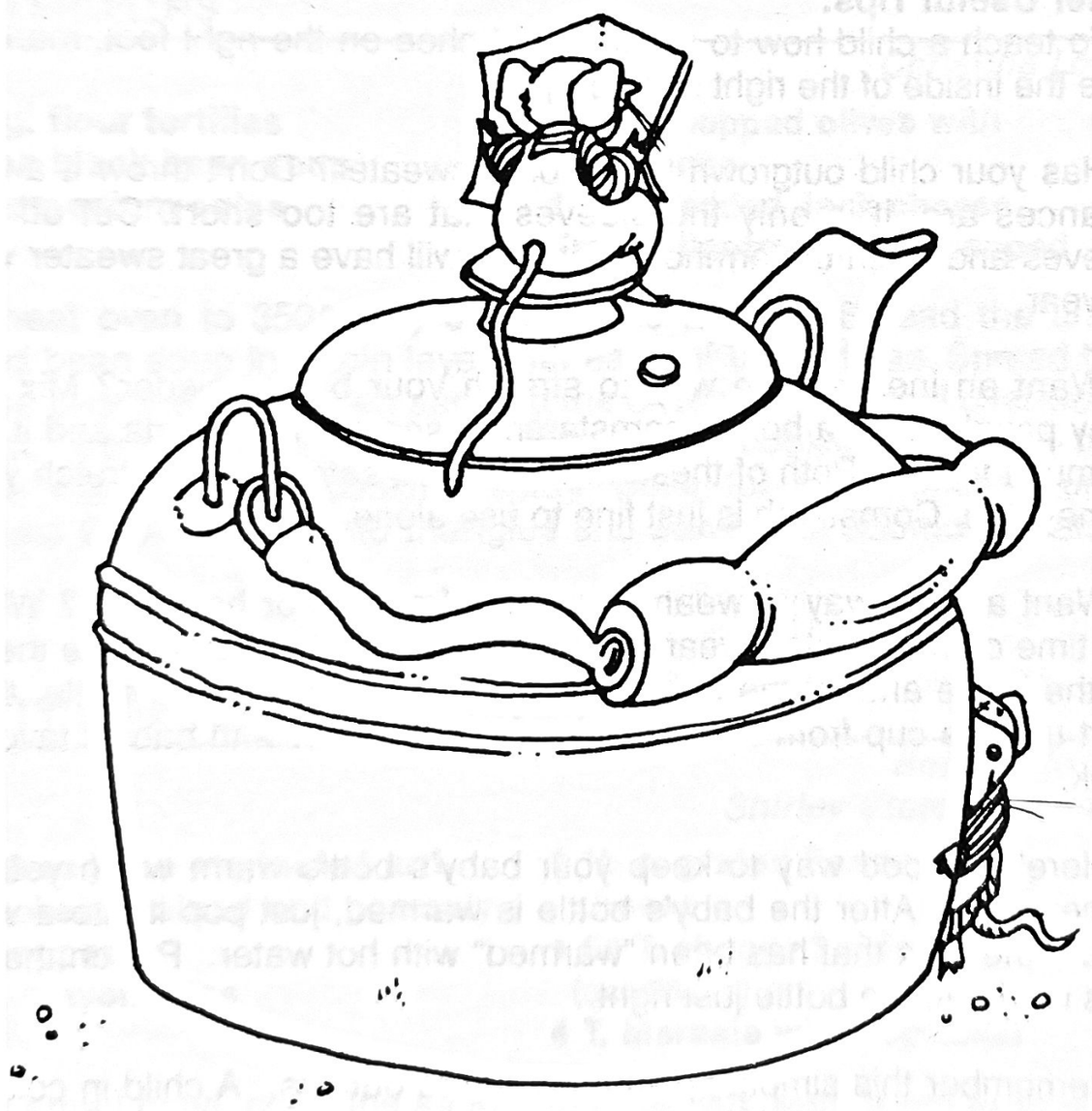
Appetizers & Beverages



Helpful Hints

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

- Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.

- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

APPETIZERS & BEVERAGES

HOT ARTICHOKE DIP

Cindi Knight

1 c. grated Parmesan cheese
1 (8-oz.) pkg. light cream cheese
1 c. light sour cream
1 (13 3/4-oz.) jar artichoke hearts, drained and chopped
Toasted baguette slices

Set aside 1 tablespoon Parmesan cheese. Mix cheeses and sour cream until creamy. Add artichoke hearts. Mix until well blended. Place into 1-quart baking dish, sprinkle with 1 tablespoon Parmesan cheese. Bake uncovered at 325° for 35-40 minutes. Scoop onto baguette slices.

QUESADILLAS

Christina Long

10 lg. flour tortillas
1 can black bean soup
1 jar medium salsa
1 can chopped olives with jalapenos
1 c. shredded Jack cheese
Fresh cilantro, finely chopped

Preheat oven to 350°. Lay out 5 of the tortillas. Spread the undiluted bean soup in a thin layer over each of the tortillas. Spread the salsa over the soup, then sprinkle the olives, cheese and cilantro in order. Top each with a tortilla. Place on a cookie sheet that has been sprayed with cooking spray. Bake for 5-10 minutes, until heated through. Cut into triangles and serve with additional salsa.

BETTY'S ARTICHOKE DELIGHT

Betty Patopea
Shirley Storch-Sherman

1 (28-oz.) can marinated artichokes, drained and coarsely chopped
1 c. mayonnaise
1 1/2 c. grated Parmesan cheese
1 (2) T. chopped chives (scallions)
4 T. Marsala wine, optional

In a small bowl, combine all ingredients. Mix well. Transfer to shallow, greased casserole. Bake in preheated 375° oven for 30 minutes or until golden brown. Serve immediately with chips, crackers, vegetables or toasted party rye.

FRUIT DIP

Lynne Sitarsky

1 jar marshmallow creme
1 lg. pkg. cream cheese
3/4 c. coconut

Cream marshmallow creme and cream cheese together. Add coconut. If mixture is too thick for dipping, add small amounts of milk to thin. Clean and prepare fruits as desired. Strawberries, pineapple, grapes, apples, bananas and kiwi are just a few that are terrific with this dip.

CURRY DIP

Lynne Sitarsky

1 pt. Miracle Whip (mayonnaise if desired)
3 T. curry (to taste)
1 tsp. grated onion
1 T. Worcestershire sauce
1 T. chili sauce (or powder)
1 tsp. fresh crushed garlic

Mix all ingredients together at least 24 hours before serving. Keep stored in the refrigerator. This is a great dip for fresh vegetables of all kinds.

PICANTE SAUCE

Roxanne Carlton

4 firm ripe tomatoes, chopped
4 mild green chilies, chopped
4 T. cayenne pepper sauce
1/2 lg. onion, chopped
1 tsp. salt
1/2 tsp. black pepper
1 1/2 T. red wine vinegar
2 tsp. fresh cilantro, chopped

Combine all ingredients. Mix well and store in refrigerator in airtight container.

TZATZIKI
Yogurt/Cucumber Dip

Roxanne Carlton

2 c. plain, non-fat yogurt
2 cucumbers, finely grated and drained
1 clove garlic, crushed
1 T. red wine vinegar
2 T. olive oil
1 tsp. white pepper
1 tsp. salt

Combine all ingredients. Mix well. Refrigerate in airtight container.

SHRIMP ONION DIP

Nenette Rivera

1 (8-oz.) pkg. softened cream cheese
1 1/2 c. sour cream
1/2 c. chili sauce
1 pkg. onion soup mix
1 (4 1/2-oz.) can shrimp

Drain and soak shrimp per package directions. In a small mixing bowl, beat cream cheese until fluffy. Stir in remaining ingredients. Mix well. Chill. Serve with fresh vegetables or crackers. Keep refrigerated. Makes about 3 cups.

ROASTED PEPPER DIP

Nenette Rivera

1 (5-oz.) jar roasted red peppers, drained and finely chopped
1 (4-oz.) can chopped green chiles, drained
1 c. sour cream
1 c. mayonnaise
1 T. lemon juice
1/2 tsp. garlic powder

Mix ingredients until well blended. Refrigerate. Serve with vegetables or dipping chips. Makes about 3 cups.

GREEN ONION DIP

Nenette Rivera

1 c. light mayonnaise
1 c. sour cream
1/2 c. sliced green onions
1/2 c. parsley sprigs
1 tsp. Dijon mustard
1 clove garlic, crushed

In a blender or food processor, blend all ingredients until almost smooth. Cover and chill. Good with vegetables or crackers.

SALMON SPREAD

Lynne Sitarsky

1 c. baked salmon, shredded
2 c. cream cheese
1 tsp. Miracle Whip
1/2 tsp. Worcestershire sauce
1/4 c. finely chopped onions

Mix all together, form into a ball and refrigerate. Serve with bagel chips or crackers.

SMOKED SALMON DIP

Nenette Rivera

12 oz. Icicle imitation smoked salmon, grated
1/4 c. milk
1 (8-oz.) pkg. cream cheese, softened
1/2 c. mayonnaise
1 T. lemon juice
2 tsp. Worcestershire sauce to taste
1/8 tsp. Tabasco (red pepper) sauce to taste
Dill weed and fresh parsley

Stir milk 1 tablespoon at a time into the softened cream cheese. Stir in the mayonnaise, followed by the lemon juice, Worcestershire sauce and Tabasco. Mix thoroughly. Stir in the grated imitation salmon. Cover. For full flavor development, refrigerate overnight. Garnish with dill and parsley. Serve with crackers, chips or bread. Make 2 1/2 cups.

CRAB THINGS

Kathleen Marks

1 jar Old English sharp cheese
1 stick soft margarine
2 T. mayonnaise
3/4 tsp. seasoned salt
1 tsp. garlic powder
1 can well-drained crab (do not use snow crab)
6 English muffins

Combine cheese, margarine, mayonnaise, salt and garlic. Blend well. Add crab and mix in. Spread the mixture over each 1/2 of the English muffin. Cut each 1/2 into 4 pieces. Freeze. Remove from the freezer and bake 10 minutes at 450°. Makes 48 pieces.

HOT CRAB DIP

Linda Nicolaysen

1 (8-oz.) pkg. cream cheese
1 tsp. dill weed
1/2 c. sour cream
3 T. mayonnaise
Pinch salt
Dash Tabasco sauce
Dash Worcestershire sauce
6 oz. crab (fresh or canned)

Beat together first 7 ingredients. Fold in crab. Place in baking dish. Bake at 350° for 15-20 minutes or until bubbly. Serve hot on crackers.

PEPPER CHEESE

Alix O'Donnell

1 (8-oz.) pkg. cream cheese
Coarse ground pepper to taste (about 2-4 T.)

Mix well. Refrigerate at least 2 hours. Serve with crackers.

CHEESE BALL

Jane Hill-Littlejohn

1 lg. pkg. Philadelphia cream cheese
1 (5-oz.) pkg. Roka bleu cheese spread
1 (5-oz.) pkg. Old English cheese spread
2 tsp. chopped green onions
1 tsp. freeze dried chives
Dash garlic
1 tsp. parsley flakes
1 c. pecan pieces

Set all cheeses at room temperature until soft. Mix all the ingredients except the pecans. Roll into a ball and roll in the crushed pecans to coat the outside of the ball. Chill and serve with crackers.

NUTS AND BOLTS

Alix O'Donnell

4 c. rice Chex
4 c. Cheerios
1/2 bag pretzels
1 can mixed nuts
1 c. oil
1 cube melted margarine
2 tsp. paprika
20 light shakes Tabasco sauce
1/3 c. Worcestershire sauce
1 tsp. garlic powder

Combine first 4 ingredients in a large mixing bowl. Combine the remaining ingredients and pour over the dry mixture. Place in a broiling pan or a large baking pan. Bake at 200° for 1 hour. Stir every 20 minutes to recoat the cereal. Allow to set overnight in an airtight container.

CHICKEN PATE'

Christina Long

1 T. margarine
1/4 c. chopped onion
1 lb. chicken liver
1/2 c. red wine (or 1/2 c. water with 1 chicken bouillon cube)
2 T. dried parsley
1/8 tsp. garlic salt
1 tsp. dried thyme
1/4 c. margarine
Freshly ground pepper
Thin sliced French bread

Optional:

1 envelope unflavored gelatin
1/4 c. cold water
1 c. canned beef consomme
Fresh parsley
Stuffed green olives

Saute onions in margarine until soft. Add chicken livers and saute 5 minutes. Add wine (or water and bouillon), thyme, parsley and garlic salt. Cook uncovered until liquid is reduced by half. Transfer to food processer or blender and blend until smooth. Add marga-

(continued)

rine gradually and continue processing until well blended. Add pepper to taste. Spoon into crock. Cover and chill until firm, at least 2 hours. **Optional:** Dissolve gelatin in 1/4 cup cold water. Heat ½ can beef consomme to boiling and add dissolved gelatin, stirring well. Allow to cool slightly. Pour a 1/2 inch layer onto the chilled pate'. Chill until set. Garnish with sprigs of parsley and green olives. Serve with thin sliced French bread.

MUSHROOM ROLL-UPS

Maxine Zemko

1/2 lb. mushrooms, chopped
1/4 lb. (1 stick) butter
1/4 c. milk
1 sm. onion, minced
1 T. flour
3 oz. cream cheese
1 egg yolk
1 T. mayonnaise
1 loaf thin-sliced sandwich bread

Saute mushrooms in butter 5 minutes. Add onion, saute 10 minutes. Add flour and milk, cook until thickened. Cool. Mix cream cheese, egg yolk and mayonnaise. Stir into onion mix. Cut crusts off bread, spread mix evenly and roll up. Brush with melted butter and bake at 400°, turning to brown on all sides. Can be frozen uncooked.

BACON ROLLUPS

Maxine Zemko

1 lb. thin-sliced bacon
1 (8-oz.) pkg. cream cheese, room temperature
3 T. milk
1 loaf thin-sliced sandwich bread
2 T. onion powder (not onion salt)

Mix cream cheese, onion powder and milk until smooth. Cut crusts off bread and cut slices crossways, making rectangles. Spread cream cheese mix on bread and roll up. Cut bacon slices crossways, roll around bread, spear with toothpicks. Bake on broiler rack at 400° for 12 minutes, turn another 12 minutes. Can be frozen uncooked. Cholesterol? Whazzat?

VEGETABLE PIZZA

Jane Hill-Littlejohn

2 containers Pillsbury crescent rolls
1 to 1 1/2 c. shredded cheddar cheese
1 c. mayonnaise
2 (8-oz.) pkgs. softened cream cheese
1 pkg. Hidden Valley Ranch dressing
2 or 3 stalks fresh broccoli, diced
1 or 2 fresh tomatoes, diced
2 or 3 green onions, diced

Preheat oven to 375°. Spread the Pillsbury rolls flat onto a cookie sheet and bake as directed. Cool completely. Mix cream cheese with the mayonnaise and ranch dressing. Spread on to the cooled crust. Sprinkle with cheddar cheese and finely chopped vegetables over the cream cheese. Cut into small squares and serve as an appetizer. Store in refrigerator uncovered to prevent the crust from getting soggy.

WONTON CHIPS

Nenette Rivera

12 wonton skins
2 tsp. melted margarine
Non-stick spray coating
1/4 tsp. seasoned salt or 1/2 tsp. cinnamon/sugar

Preheat oven to 400°. Meanwhile, lightly brush 1 side of the wonton skins with the melted margarine. Cut each wonton skin in half diagonally, forming 24 triangles. Spray a cookie sheet with non-stick coating. Arrange triangles, margarine side up, in a single layer. Lightly sprinkle seasoned salt or cinnamon/sugar. Bake for 5-7 minutes or until golden brown and crisp.

MARINATED MOZZARELLA

Cindi Knight

1/4 c. olive oil
1/2 tsp. basil
1/2 tsp. thyme
1/4 tsp. red pepper flakes
1 clove garlic, pressed
1 lb. mozzarella, cut into 1/2-inch cubes
Baguette slices

Mix olive oil, herbs and garlic. Put mozzarella cubes into a flat dish. Pour seasoned oil over cheese. Marinate 6-8 hours. Serve with baguette slices.

MUSHROOMS WITH HAM AND ARTICHOKES

Bertha Hanson

14-16 lg. mushrooms (or 36 med.)
3 T. minced onion
1 (6-oz.) jar marinated artichoke hearts
1 1/2 c. finely chopped ham
5 T. margarine (butter)
1 tsp. marjoram
1/4 tsp. salt
1/2 c. soft bread crumbs (about 1 slice of bread whirled in a Cuisinart)
1 egg, lightly beaten
3 T. Parmesan cheese
1/4 c. white wine (optional)

Wipe mushrooms with damp cloth. Remove stems and finely chop them. Saute mushroom stems and onions in 2 tablespoons of butter until limp. Remove from heat and stir in artichokes, ham, marjoram, salt, bread crumbs, eggs, and cheese Melt remaining 3 tablespoons of butter in 9 x 13-inch baking pan. Turn mushroom caps in butter to coat. Heap filling into mushrooms. Place in pan. Sprinkle with wine if desired, Bake at 400° for 15-20 minutes.

BARBECUE HOTDOG BITES

Alix O'Donnell

2 pkgs. hotdogs
1 (16-oz.) bottle barbecue sauce
Liquid smoke to taste

Cut up hotdogs into bite-size pieces and place in a crockpot. Pour sauce over meat and add liquid smoke (about 1 teaspoon). Stir to mix and coat. Cook at low heat for 8-10 hours.

CRISPY DRUMSTICKS

Nenette Rivera

1/4 c. fine dry bread crumbs
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/8 tsp. dried whole marjoram
1/8 tsp. dried whole thyme
1 egg white, lightly beaten
1 T. skim milk
8 chicken drumsticks, skinned

Combine first 5 ingredients in a shallow dish; stir well. Combine egg white and milk in a small bowl. Dip each drumstick in milk mixture; dredge in bread crumb mixture. Spray 13 x 9 x 2-inch baking sheet with vegetable coating spray. Place drumsticks on baking sheet and bake uncovered at 350° for 40-45 minutes or until done. Makes 4 servings at 196 calories.

SESAME CHICKEN POTSTICKERS

Becky Walsh

2 whole chicken breasts, skinned, boned and finely chopped
4 T. sesame oil
1/2 c. chopped green onion
1 c. minced celery
1 pkg. gyoza wrappers (circles of dough like wonton wrappers)
3 T. dry sherry
2 T. cornstarch
1 tsp. sugar
1 tsp. salt

Combine the chicken, oil, celery, onions, sherry, cornstarch, sugar and salt. Mix well. Set out 6-8 wrappers at a time, keeping others tightly covered. Place 2 teaspoons filling in the center of each. Moisten edge of dough with water, fold in half over filling and pinch edges together to seal. Set upright on a baking sheet, keep covered. If made ahead, freeze in a single layer, then transfer to a plastic bag and freeze up to 3 months. **To Cook:** For each 2 dozen potstickers, heat 1 tablespoon salad oil in a 10 or 11-inch frying pan over medium heat. Set in potstickers, (don't thaw if frozen) seam side up. Cook, uncovered, until bottoms are a deep golden brown (about 5-7 minutes). Pour in 1/4 cup water; immediately reduce heat to low, cover and steam 6 minutes (add 5 minutes if frozen). **To Serve:** Serve from a platter with a wide spatula. Set cruets of white vinegar, soy sauce, hot chili oil or cayenne on the table. Suggest each guest mix 1 tablespoon vinegar with 1/4 or 1/2 teaspoon soy sauce and chili oil to taste. Serves 8-12.

GARDEN GREEK APPETIZER

Cheryl McDaniel

8 oz. Neufchatel cream cheese, softened
8 oz. Feta cheese, crumbled
2 T. plain, non-fat yogurt
1 T. packed fresh mint
1 clove garlic, minced
1 tomato, diced
1 sm. cucumber, diced
1 green onion, diced

Rinse Feta cheese to remove the salt. Beat Neufchatel cheese, Feta cheese, yogurt, mint and garlic in a small mixing bowl at medium speed with an electric mixer until well blended. Spread cheese mixture into a 10-inch tart pan or pie plate. Chill. Top with tomatoes, cucumbers and onions before serving. Garnish with black olives. Serve with pita bread wedges.

ROASTED GARLIC

Cindi Knight

4 heads garlic
1/2 c. olive oil
1 baguette
4 oz. goat cheese

Trim off the top 1/2-inch of the flower end of the garlic bulbs, exposing the cloves. Put the heads in a small pan and brush the cut surfaces with olive oil. Bake 1 hour at 350°. Serve with baguette slices and goat cheese.

CURRY-SPICE STEAMED MUSSELS

1/4 c. butter
1 lg. onion, minced
3 garlic cloves, pressed
1/2 tsp. ground cumin
1/2 tsp. ground turmeric
1/2 tsp. crushed dried red pepper
1/4 tsp. ground cloves
1/4 tsp. black pepper
2 lg. tomatoes
1 1/3 c. water
3 lbs. mussels, cleaned
3 T. lemon juice
1 c. fresh cilantro leaves

Melt butter in a 5-quart pan over medium-high heat. Add onion and garlic, stirring until onion is golden. Decrease heat to medium and add all the spices. Cook 3 minutes while stirring. Peel, core, seed and chop the tomatoes. Add tomatoes to the pan and cook 2 minutes. Add water and mussels. Cover and simmer over medium heat until the mussels open, about 5-7 minutes. With a slotted spoon, remove mussels from the pan and transfer to shallow individual soup bowls. Discard any unopened mussels. Ladle broth into each of the bowls. Sprinkle evenly with lemon juice and garnish with cilantro.

RUSSIAN TEA

Lynne Sitarsky

2 c. Tang
1 1/4 c. sugar
1/2 c. instant tea
1 tsp. cinnamon
2 sm. pkgs. lemonade mix
1/2 tsp. cloves

Mix all of the above ingredients until thoroughly combined. Store in an airtight container. To use, put 2 1/2 teaspoons per cup of boiling water.

KAHLUA

Lynne Sitarsky

3 c. water
3 c. brown sugar
10 tsp. instant coffee
1 pt. vodka
1 tsp. vanilla

Boil first 3 ingredients. Cool completely. Add vodka and vanilla. Optional: May use whiskey or bourbon.

FIRESIDE COFFEE

Lynne Sitarsky

2 c. Swiss Miss cocoa
2 c. non-dairy creamer, powdered
1 c. instant coffee
1 tsp. cinnamon
1/2 tsp. nutmeg
1 1/2 c. sugar

Mix cocoa, creamer, coffee and spices together, 1/2 at a time. Add sugar and mix well. **To Serve:** Put 3 well rounded teaspoons in a mug of hot water.

SLUSH PUNCH

Lynne Sitarsky

4 c. sugar
6 c. water
5 bananas, pureed
1 (6-oz.) can orange juice
1 (46-oz.) can pineapple juice
2 liters lemon lime soda

Mix together the first 5 ingredients and freeze. Can freeze in small containers to use when you don't want to use a large quantity. **To Serve:** Dilute with lemon lime soda. The larger quantity (2 liters and entire recipe) makes about 45 servings.

BAILEY'S

Carolyn Cook-Ewing

3 eggs
1 can evaporated milk
1 c. whipping cream
1/3 can chocolate colada mix (16-oz. Holland House Colo Casa)
1 c. whiskey

Blend and store in refrigerator.

HOT BUTTERED RUM MIX

Patti Wickham

1 pt. vanilla ice cream
1/2 lb. butter
1/2 box powdered sugar
1/2 box brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg

Allow ice cream and butter to soften. Blend softened butter, sugar and spices until smooth. Then add softened ice cream. blend all together until smooth. Freeze. **To Use:** Add 1 or 2 tablespoons of mix per mug of boiling water. Add 1 ounce brandy or rum and stir well. Garnish with a twist of lemon peel and sprinkle with nutmeg.

WHITEHOUSE FRUIT PUNCH

Lynne Sitarsky

1 qt. orange juice
2 c. pineapple juice
1 1/2 qts. cranberry juice
1 qt. ginger ale
Ice

In large bowl mix fruit juices and chill. Just prior to serving add ginger ale and serve. Decorated ice rings can be made by adding orange slices, cranberries or pineapple chunks to water in a salad mold and frozen. Silk, plastic or real flowers may also be used.

YOGURT CRAN-RASPBERRY SHAKE

Lynne Sitarsky

2/3 c. frozen cran-raspberry concentrate
2 ripe bananas
2 c. vanilla flavored yogurt (plain yogurt if desired)

Combine all ingredients in a blender and liquify. Ice cubes may be used to thicken if desired.

BAILEY'S IRISH CREAM

Lynne Sitarsky

3 eggs
1 sm. carton whipped cream
1 can Eagle Brand milk
1/2 T. Nestle Quik chocolate
1/4 tsp. coconut extract
1 1/4 to 1 1/2 c. brandy

Blend all ingredients together and store in an airtight container in the refrigerator for 3 days. When ready to serve, shake well and serve over ice.

FROSTY BANANA SMOOTHIES

Nenette Rivera

2 lg. ripe bananas
2 c. chilled milk
2 lg. eggs
2 T. honey
Ice

Peel bananas and cut into chunks. Place bananas into a blender along with milk, eggs and honey. Cover and blend until well mixed and bubbly. Pour into tall glasses with ice, Makes 2 servings.

COCOA POWDER

Cindi Knight

4 c. instant non-fat powdered milk
1 c. sugar
1 c. unsweetened cocoa powder

Sift all ingredients. Store in airtight container. **To use:** Mix ¼ cup mix to 1 cup hot water for 1 cup cocoa.

BRANDY SLUSH COOLERS

Jane Hill-Littlejohn

3 c. water
2 c. sugar
4 green tea bags (may use your favorite tea)
1 (12-oz.) can frozen orange juice
1 (12-oz.) can frozen lemonade
1 bottle brandy (peach, raspberry, blackberry etc.)

Mix and bring to a boil the water and sugar. Remove from heat and add teabags. Allow to cool. Remove tea bags. Combine juices and sherry in a large container, add tea mixture. Freeze for at least 24 hours. Stir every few hours until frozen, to keep alcohol and juices evenly mixed. May be kept frozen several months. **To Serve:** Place 1 or 2 spoonfuls into a glass, pour Sprite or 7-Up over slush to make a nice cool drink.

ORANGE JULIUS

Cindi Knight

1 (6-oz.) can frozen orange juice
1 1/2 c. water
1 1/2 c. milk
2/3 c. sugar
1/2 tsp. vanilla
Ice cubes

Blend until smooth and frothy.

PARTY PUNCH

Nenette Rivera

1 sm. pkg. orange flavored Jello
1 1/2 c. sugar
2 c. boiling water
1 (46-oz.) can chilled pineapple juice
2 c. lemon juice
1 qt. orange sherbet
1 (32-oz.) bottle club soda, chilled

In a bowl, dissolve the gelatin and sugar in water. Set aside. In a large bowl, combine pineapple juice and lemon juice with the gelatin mixture. Chill. Just before serving, pour juice mixture into a punch bowl, add sherbet and club soda. Makes about 3 1/2 quarts.

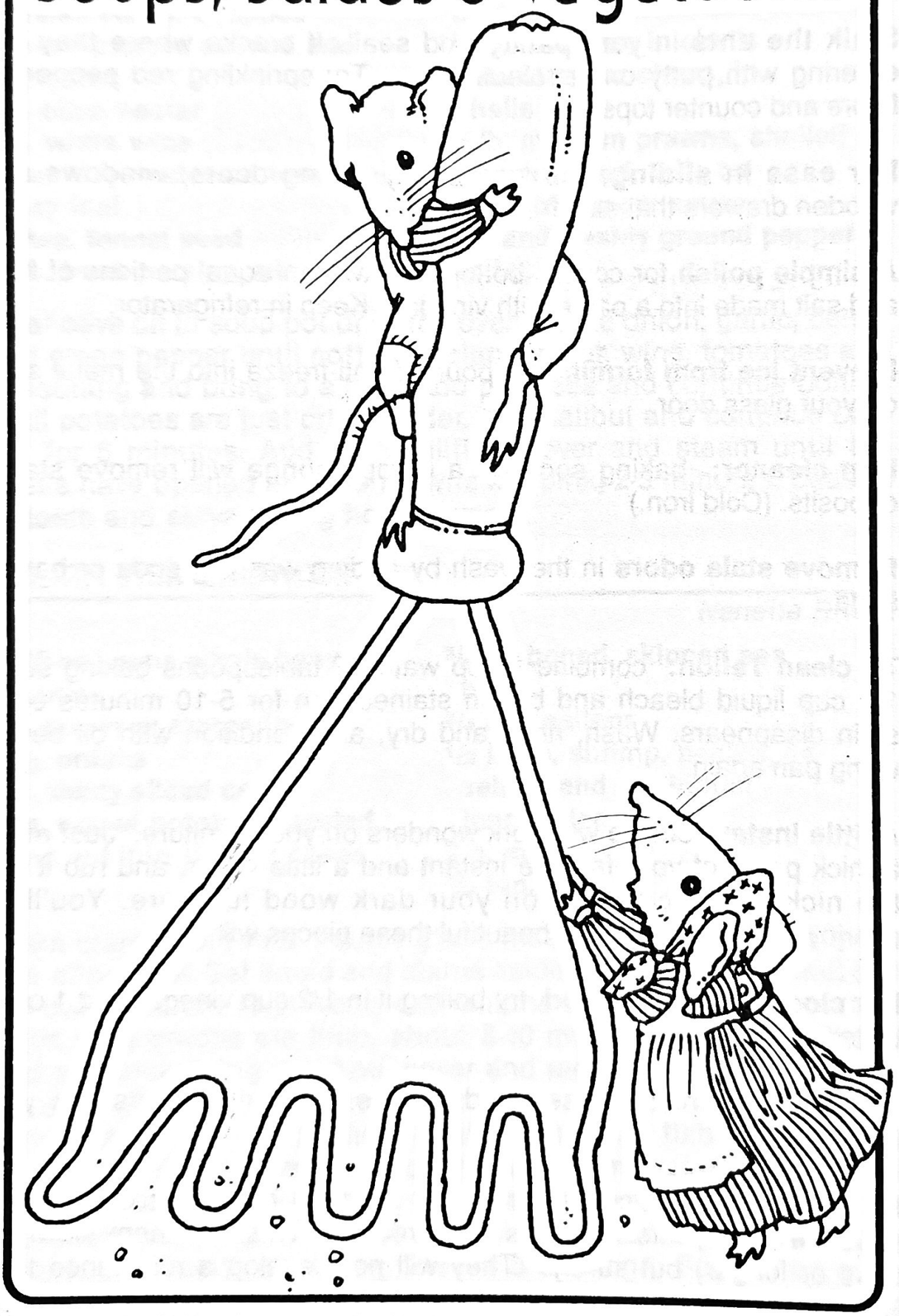
PINEAPPLE JUICE SPARKLE

Nenette Rivera

1 c. fresh mint leaves
4 c. pineapple juice
2 (12-oz.) cans lemon lime soda
1 lime, thinly sliced
Assorted fruit

Combine all ingredients in a pitcher. Makes 10 (6-oz.) servings.

Soups, Salads & Vegetables



Helpful Hints

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Prevent ice from forming by pouring anti-freeze into the metal slide on your glass door.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Remove stale odors in the wash by adding washing soda or baking soda.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

Roach Poison: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

BOUILLABAISSE

Christina Long

2 T. olive oil
1 onion, chopped
3-4 cloves garlic, minced
3 stalks celery, chopped
1 green pepper, seeded and chopped
2 c. clam nectar
1 c. white wine
1 can Cajun stewed tomatoes
1 bay leaf
1/2 tsp. fennel seed
1/4 c. fresh parsley, minced
1 lg. red-skinned potato, cut into 1-inch cubes
1/2 lb. halibut fillet, cut into 1-inch cubes
1/2 lb. mussels, in shells
1/2 lb. steamer clams, in shells
1/2 lb. medium prawns, shelled and deveined, tails on
Dash hot pepper sauce
Salt and freshly ground pepper to taste

Heat olive oil in soup pot or dutch oven. Saute onion, garlic, celery and green pepper until soft. Add clam nectar, wine, tomatoes and seasoning and bring to a boil. Add potatoes and continue boiling until potatoes are just crisp-tender. Add halibut and continue boiling for 5 minutes. Add the shellfish, cover and steam until the shells have opened and the prawns are pink, 2-3 minutes. Season to taste and serve piping hot. Serves 4.

ITALIAN FISH CHOWDER

Nenette Rivera

3 (10-oz.) cans whole baby clams
3 T. butter or margarine
2 lg. onions
1 c. thinly sliced celery
4 lg. russet potatoes, peeled and cut into 1/2-inch cubes
3/4 lb. boned, skinned sea bass
3/4 lb. scallops
1/2 lb. lg. shrimp, peeled, deveined and cut in half lengthwise
2 c. milk
1/2 tsp. pepper

Drain clam liquid into 1-quart glass measure; add water to make 3 ½ cups total. Set liquid and clams aside. In 6-quart pan, melt butter over medium high heat; add onions and celery. Stir mixture often until onions are limp, about 8-10 minutes. Add clam liquid and potatoes; bring to a boil, cover and reduce heat. Simmer gently until potatoes are just tender when pierced, 10-15 minutes. Rinse and drain fish, scallops and shrimp. Cut fish into bite-size chunks. If scallops are 1-inch or thicker, cut in half. Add fish, scallops and shrimp to chowder; cook until fish is just opaque, but still moist looking in center, 3-4 minutes. Add clams, milk and pepper. Heat until steaming. Makes 8 servings. Suggested alternates: halibut, orange roughy. 398 calories per serving.

LENTIL BARLEY SOUP

Jill Stevens

3/4 c. chopped onion
3/4 c. chopped celery
1 clove garlic, minced
1/2 c. butter
6 c. water
1 (28-oz.) can tomatoes, cut up, may use fresh
3/4 c. dry lentils
3/4 c. pearl barley
2 or 3 chicken bouillon cubes
1/2 tsp. dried rosemary, crushed
1/4 tsp. dried oregano, crushed
1 c. thinly sliced carrots
1 c. shredded Swiss cheese

In a large pan cook the onions, celery and garlic in butter until tender. Add water, undrained tomatoes, lentils, barley, bouillon cubes, herbs and pepper. Bring to boil, reduce heat, cover and simmer 45 minutes. Add carrots and simmer for 15 more minutes or just until the carrots are tender. Ladle into soup bowls and top with the cheese. Makes 5 servings.

NEW ENGLAND CLAM CHOWDER

Lenora Porter

1/4 c. butter
1 lg. onion, diced
1 c. water
3 lg. pared potatoes, sliced
1 (8-oz.) bottle clam nectar
1 tsp. salt
1/4 tsp. pepper
1 tall can evaporated milk
3 (6 1/2-oz.) cans chopped clams
Parsley (optional)

Melt butter in large saucepan. Saute onion until soft. Add potatoes and saute 3 minutes. Stir in clam juice, water, salt and pepper. Bring to a boil. Lower heat, cover and simmer until potatoes are tender. Remove from heat and add evaporated milk and clams with liquid. Heat slowly just until hot **(do not boil).** Sprinkle with parsley.

SPICY BLACK BEAN SOUP

Cindi Knight

1 1/4 c. (1/2-lb.) dried black beans, soaked overnight
1 T. olive oil
2 T. garlic
1/8 tsp. red pepper flakes
2 c. chicken broth with 1 c. water
1 c. chopped onions
2 tsp. cumin
1 can Mexican-style tomatoes
1/2 c. dry small pasta

Rinse and drain soaked beans. Heat oil, saute onions and garlic until translucent (about 5 minutes). Add cumin, red peppers, beans, broth and water. Simmer 1 1/2 to 2 hours. Add tomatoes and pasta to beans. Boil, reduce heat and simmer 10 minutes. Serve with lime-pepper salsa.

LIME-PEPPER SALSA

Cindi Knight

1 red bell pepper
1 onion, diced
3 tsp. lime juice

Serve soup with chips and salsa.

CREAM OF CARROT SOUP WITH FRAGRANT INDIAN SPICES

Alix O'Donnell

1/2 stick unsalted butter
1 c. finely chopped onion
1 T. dark brown sugar
1 T. curry powder
1/2 tsp. corriander
1/4 tsp. cardamon
1/8 tsp. fresh grated nutmeg
2 tsp. finely chopped fresh ginger
1 lb. sliced carrots
2 med. sliced potatoes
7 c. chicken stock
1 c. heavy cream
Salt and fresh ground pepper to taste

Melt butter in a large kettle. Add onion and cook until soft and light brown. Stir in sugar and spices, reserving salt and pepper until later. Cook 1 minute longer. Stir in carrots and potatoes, add chicken stock. Bring to a boil, reduce heat and simmer until carrots are very tender. Strain soup, reserving the liquid for later. Put the solids into a blender and whip until pureed. Stir the puree into the liquid. Soup may be frozen at this point. Add cream, salt and pepper and simmer an additional 10 minutes.

WHITE BEAN SOUP

Becky Walsh

1 lb. dried white beans, cleaned and rinsed
6 c. chicken broth
6 c. water
2 1/2 c. diced celery
1 1/2 c. chopped onions
3/4 tsp. salt
1 (14-oz.) can chopped canned tomatoes including the juice
Freshly ground pepper to taste
2 T. olive oil
1/4 tsp. hot pepper sauce to taste

Cover beans with at least 4 inches of water and soak at least 10 hours. Drain. Place drained beans, broth and water in a 4 to 5-quart saucepan. Bring to a boil, reduce heat and boil gently uncovered 40 minutes. Skim foam off the top. Add carrots, onions, celery, tomatoes with juice and pepper. Return to boil, reduce heat and boil gently for 30-40 minutes longer, skimming off foam once more. Simmer until beans are done. Stir in olive oil, salt and hot pepper sauce if desired. These can be omitted as desired. Makes 12 cups. (About 8 servings.) Served with crusty bread and a salad, this is a hearty meal.

TACO SOUP

Suzy Rotunna

1 lb. hamburger
2 lg. cans whole tomatoes
2 pkgs. taco seasoning
1 (32-oz.) lg. can kidney beans

Brown hamburger and add remaining ingredients.

1 pkg. Fritos
Guacamole
Sour cream
Chopped onion
Olives
Grated cheddar cheese

Pour a handful of Fritos into a bowl. Add hot mixture and top with any combination of the remaining ingredients, as desired.

GOULASH

Cindi Knight

2 lb. boneless beef (sirloin or top round)
4 T. oil or butter
1 c. white wine
2 c. water
1/3 c. paprika
3 c. sliced onions
1 green pepper, diced
2 carrots, diced
3 potatoes, diced
4 c. beef broth
Pepper to taste
1 c. yogurt

Cut meat into 1-inch cubes, brown in 2 teaspoons oil or butter. Set aside. Brown onions in remaining oil or butter for 20 minutes. Add meat, wine. water, paprika, pepper, green peppers and carrots. Boil, reduce heat. Simmer 2 1/2 hours. Add potatoes, beef broth and cook 40 minutes. Add yogurt and serve. Serves 8.

HAMBURGER STEW

Heidi Hill

1 lb. hamburger, lean
4 carrots, cut in 1/4-inch slices
2 cans chicken rice soup
6 potatoes, peeled and sliced
2 cans cream of mushroom soup
1 med. onion, sliced

In 4-quart casserole, layer crumbled raw hamburger, sliced carrots and sliced potatoes. Pour over all: 2 cans chicken rice soup and cream of mushroom soup. Cover and heat over medium heat to boiling. Reduce heat and simmer 1 hour or until potatoes are tender.

PISTOU SOUP

Doris Schoonmaker

2 T. butter
1 c. chopped onion
White part of 1 leek
1 c. 2-inch cut green beans
1 c. 2-inch cubed potatoes, peeled
1 1/2 c. tomatoes, chopped and peeled
8 c. chicken stock
1/2 c. vermicelli (spaghetti), broken into 1-inch pieces
1 c. shelled butter (lima) beans
Salt & pepper
2 T. tomato puree
1/4 c. olive (salad) oil
2 cloves finely chopped garlic
2 T. chopped fresh basil
2 tsp. chopped fresh thyme (1/2 tsp. dried)
1 c. grated Parmesan cheese

Melt butter in skillet over medium heat. Saute onion and leeks until tender. Add green beans, butter beans, potatoes, tomatoes and chicken stock. Cover and bring to a boil. Reduce heat and simmer 15 minutes. Add pasta and cook 15 minutes longer or until vegetables are tender. Season to taste with salt and pepper. Place tomato puree into a bowl and whisk in the oil, drop by drop. Add garlic, basil and thyme. Stir mixture into soup. Sprinkle with grated Parmesan cheese at serving. Makes 3 1/2 quarts.

APPLE AND CHEDDAR BISQUE

Cindi Knight

1 T. olive oil
1 onion, chopped
1 stalk celery, diced
1 carrot, peeled and diced
1 clove garlic, minced
2 white potatoes, cut into 1/2-inch cubes
2 apples, cut into 1/2-inch cubes
3 c. water
1/2 c. white wine
1/2 tsp. thyme
1/4 tsp. pepper
1/4 tsp. cayenne
1 1/2 c. shredded cheddar cheese
1/2 c. half & half
2 tsp. lemon juice

Heat oil in large pan. Saute onion until soft; add celery, carrot, garlic and saute 2-3 minutes. Stir in potatoes, apples, wine and herbs. Bring to a boil, reduce heat and simmer 30 minutes. Puree soup, add cheese and half & half. Add lemon juice and serve.

EASY SHRIMP SALAD

Cheryl McDaniel

Shrimp meat
1 can onion rings
2 bunches lettuce of choice
2 tomatoes, diced
Italian dressing
1 T. sugar

Mix shrimp, onion rings, lettuce and tomatoes together, Put on Italian dressing to taste. Add sugar, toss and serve.

KRINKLE POTATO SOUP

Cheryl McDaniel

6 peeled and sliced potatoes
1 med. onion
2 celery stalks
Salt & pepper to taste
2 T. butter or margarine
2 c. milk
1 egg
Flour

Slice and boil potatoes in large saucepan. When about done, add chopped onion and celery. Cook until tender and water boiled downed somewhat. While the vegetables are cooking, mix egg with flour until crumbly. Add milk, salt and pepper to taste. Crumble the flour/egg mixture into the soup after it is boiling. (Makes a noodle.) Boil for about 5 minutes.

CURRIED CARROT PEANUT SOUP

Cindi Knight

4 carrots, diced
6 c. chicken broth
1/4 c. peanut butter
2 T. curry
1/4 c. rice
1/2 c. chopped onions
1 clove garlic, pressed
2 c. chopped broccoli

Place diced carrots into a large pot with 3 cups broth, cover and bring to a boil. Simmer rapidly on medium-high heat until carrots are tender (about 25 minutes). Drain and reserve liquid. Blenderize carrots, put all ingredients into a pan and cover. Bring to a boil and simmer 30-40 minutes until rice is tender. Add broccoli and cook 5 minutes more.

VEGETARIAN LENTIL SOUP

VMMC Department of Nutrition

1 T. vegetable oil
2 T. chopped onion
1/2 c. finely chopped carrot
1 tsp. thyme
1 tsp. marjoram
1 chicken bouillon cube
6 c. water
8 oz. dried lentils
2 T. chopped parsley
1 1/2 c. diced tomatoes
1 tsp. basil

Saute onion and carrots in oil for 3-5 minutes. Add thyme and marjoram and continue cooking 1 minute. Add all other ingredients. Cover tightly and simmer until lentils are soft, about 1 1/2 hours. Add more water if necessary to keep a volume of about 6 cups. Serves 6. 152 calories per serving.

FRESH CRANBERRY SALAD

Lynne Sitarsky

1 lb. fresh cranberries, crushed or ground
1 c. sugar
1 (15-oz.) can crushed pineapple
1/2 bag miniature marshmallows
1/2 c. ground walnuts

Combine all ingredients together and allow to sit in refrigerator overnight. Before serving, add 2 cups Cool Whip. (Whipped cream optional.)

ALL STAR WALDORF SALAD

Becky Walsh

3 c. diced, unpeeled red apples
1 c. diced celery
1/4 c. plain low-fat yogurt
1/4 c. reduced calorie mayonnaise
3 T. sunflower seeds
1/4 tsp. nutmeg

In a medium bowl combine all ingredients. Cover and refrigerate about 3 hours, or until well chilled. Makes 8 (1/2-cup) servings at 70 calories per serving. This is very tasty and much more heart healthy than traditional recipes with walnuts and regular mayonnaise.

CRANBERRY SALAD

Bertha Hanson

1 pkg. raspberry Jello
1 c. water
1 orange, ground with rind
2 c. cranberries, ground
1/2 to 1 c. sugar
12 marshmallows
1 c. whipped cream

Dissolve Jello in boiling water. Place orange with rind (cut into wedges) into a blender with the cranberries; chop into small pieces. Cut marshmallows into moderate sized pieces using scissors. Add all of this to the Jello mixture. Cool in refrigerator. Stir frequently to prevent fruit from settling to the bottom. Whip cream. Just before Jello mixture begins to firm, add whipped cream and pour into salad mold.

EASY PASTA SALAD

Nenette Rivera

4 oz. (about 1 2/3-c.) spiral pasta, cooked, drained and cooled
2 c. salad bar vegetables (such as broccoli florets, cherry tomatoes, sliced ripe olives, mushrooms, carrots, cucumbers and green onions)
3/4 c. cottage cheese
3 T. prepared Pesto sauce
3 T. red wine vinegar
1/2 tsp. pepper
1 c. (about 4-oz.) julienned cooked turkey from the deli

In large bowl, combine pasta, vegetables and turkey. In food processor or blender puree remaining ingredients; pour over pasta mixture. Toss to coat thoroughly. Makes 4 servings.

PASTA SALAD

Nenette Rivera

1 (11.5-oz.) can white chicken chunks, drained
2/3 c. prepared oil & vinegar salad dressing
1/2 c. sliced green pepper
1/2 c. sliced sweet red pepper
1/2 c. sliced carrots
1/2 c. sliced celery
1/4 c. sliced red onion
8 oz. thin spaghetti, cooked & cooled (about 4 c. cooked)

In large bowl, combine chicken, dressing and vegetables. Toss gently to coat. Spoon over cooked spaghetti. Makes 7 cups or 5 servings.

CHINESE CHICKEN SALAD

Marti Kindell

2 c. chickens, cooked, boned and chopped or 6 chicken breasts, cooked, boned and chopped
1 bunch celery, chopped
4 c. cooked rice
1 lg. onion, chopped
6 T. lemon juice
2 cans cream of chicken soup
2 cans cream of celery soup
1 can cheddar cheese soup
1 c. mayonnaise
2 cans mushrooms stems and pieces
1 lg. green pepper, chopped
1/2 c. chopped black olives
1/2 lb. grated cheddar
1 lg. can fried Chinese noodles

Mix all ingredients except cheese and noodles. Pour into baking dishes, sprinkle with cheese and noodles. Bake until hot, not cooked, at 350° for 35 minutes. Serve warm. Vegetables should remain crisp. Makes 2 (12 x 15-inch) pans full. Can easily be cut in half.

CHINESE CHICKEN SALAD

Nenette Rivera

2 1/2 c. shredded Iceberg lettuce
2 c. chopped cooked chicken breast
1/3 c. raisins
2 green onions, cut into 1-inch pieces
2 T. water
2 T. low sodium soy sauce
1 1/2 T. white vinegar
2 tsp. Dart sesame oil
1/4 tsp. pepper

Combine first 4 ingredients in a large bowl, toss gently. Combine water and remaining ingredients, stirring well. Add to chicken mixture, tossing to coat. Serve immediately. Serves 4. 185 calories per serving.

CHINESE CHICKEN SALAD

Linda Nicolaysen

2 c. shredded, cooked chicken breast
2 T. sesame seeds
2 c. shredded lettuce
2 green onions, chopped
1 sm. bag cashews

Bake chicken breasts 30 minutes at 400° or in microwave until done. Debone and shred. Marinate in dressing at least 1 hour. Toss together and serve.

Dressing:

4 T. salad oil
1 tsp. salt
2 T. vinegar
2 T. sugar
2 T. sesame seed oil

To toast sesame seeds, put in a dry skillet over medium heat. Cook until they pop or turn brown.

TERRI'S CHINESE CHICKEN SALAD

Terri Perkins

1/2 sm. head Iceberg lettuce, thinly sliced
1/2 sm. head cabbage, thinly sliced
1 bunch green onions, thinly sliced
1 c. celery, thinly sliced
1/2 red or orange pepper, thinly sliced (for color)
1 whole chicken breast
2 pkgs. Top Ramen type noodles, dry and crumbled

Poach chicken in 1/2 cup water, 2 tablespoons soy sauce and 1/4 to 1/2 teaspoon 5 spice powder. Cool and chop into bite-size pieces. Toss the vegetables with the chicken. Add the crumbled noodles just before serving. Toss the salad with dressing just before serving.

Oriental Dressing:

(continued)

1/2 c. salad oil
1/4 c. soy sauce
1/4 c. rice wine vinegar
1 1/2 tsp. dry mustard powder
2 tsp. sugar

Shake all together.

CAROL'S RAMEN CABBAGE SALAD

Shirley Storch-Sherman

1 head shredded cabbage
3 T. sesame seeds
1/2 c. slivered roasted almonds
2 bunches green onions
2 pkgs. chicken flavored noodles

Break up noodles and mix all the ingredients together.

Dressing:

1 T. sugar
1 tsp. salt (optional)
2/3 c. oil
1/3 c. vinegar
1 pkg. flavor pack from the noodles

Mix these ingredients together in a shaker jar. Serve over salad. Variations: Shredded chicken or turkey can be added to this and served for a small meal.

TOMATO-BEAN COMBO

Bertha Hanson

1/2 c. dairy sour cream
1 (16-oz.) can cut green beans (2 c.)
2 med. tomatoes, cut into med. size pieces
1/4 c. finely chopped onion
3 T. bleu cheese, crumbled
2 T. oil
1 T. vinegar

Thoroughly combine sour cream, bleu cheese, vinegar and vegetable oil. Add remaining ingredients. Chill 2-3 hours or until served. Makes 3 cups of salad.

BROCCOLI-TOMATO SALAD

Bertha Hanson

1 (1/2-lb.) bunch broccoli
1 c. dairy sour cream
1 rounded tsp. curry powder
1/4 tsp. dry mustard
1/4 tsp. salt
Dash pepper
3 med. tomatoes, cut into wedges to make into a fan shape
Lettuce

Wash broccoli thoroughly. Remove flowerets, steam until tender, about 5-8 minutes. Cool. Combine sour cream, curry, dry mustard, salt and pepper. Pour over broccoli ans stir to coat. Chill 2-3 hours

(continued)

to marinate. Place tomato wedges on top of lettuce leaves and top with broccoli mixture. Serve on individual salad plates. Makes 5-6 servings.

CURRIED SPINACH SALAD

Bertha Hanson

2 lbs. fresh spinach
2 red delicious apples, unpeeled
2/3 c. dry roasted Spanish nuts
1/2 c. seedless raisins
1/3 c. green onions, sliced
2 T. sesame seeds
1 c. turkey, diced

Dressing:

1/2 c. white vinegar
2/3 c. salad oil
1 tsp. curry powder
1 tsp. salt
1 tsp. dry mustard
1/4 tsp. Tabasco sauce

Trim and discard tough spinach stems, rinse leaves well, pat dry and break into bite-size pieces. Wrap in toweling and chill. Core and dice apples into a serving bowl and add remaining ingredients. Combine dressing ingredients. Toss with spinach and serve.

MILWAUKEE'S BEST GERMAN POTATO SALAD

Christine Wojnarowicz

Bacon - as much as you like
1/2 c. sugar
3 T. flour
2 tsp. salt
1/4 tsp. pepper
3/4 c. vinegar
4 lbs. small red potatoes, boiled, cooled, peeled and diced
4 green onions, diced
Chopped parsley

Dice bacon into small pieces. Fry. Set aside, reserving the bacon grease for later use. Blend sugar, flour, salt and pepper. If needed, add enough bacon grease to skillet to make 1/2 cup bacon drippings. Add blended ingredients to drippings and stir to make a smooth paste. Add vinegar and water. Boil 2-3 minutes, stirring constantly. Combine the hot sauce, bacon (saving some to sprinkle on top), potatoes and onions. Allow to stand at room temperature until cool, or serve warm. Sprinkle top with bacon and chopped parsley.

BETTY'S GREEN PEA SALAD

Shirley Storch-Sherman

12 oz. frozen peas thawed in hot water
1/2 c. diced celery
3 green onions
1/2 c. smoked almonds, chopped
1 c. mayonnaise, sour cream or yogurt combination to taste
Curry powder to taste

Mix all of the above ingredients together and serve.

FAGIOLINI (String Bean Salad)

Bertha Hanson

2 roasted red peppers
1 lb. string beans
1 clove garlic, minced
4 T. olive oil
2 tsp. balsamic vinegar
Salt
Freshly ground pepper
Fresh (or dried) basil or oregano to taste

Place beans in rapidly boiling water with a little salt added. Cook about 10 minutes until tender but firm. Drain and cool. Place in a bowl. Mixing the remaining ingredients to make a dressing, pour this over the beans and mix well. Place 2 red peppers under a broiler and char all around the peppers. Place in a paper bag and seal for 5 minutes (this loosens the skins for easier peeling). Peel, seed and cut into strips. Add the sliced peppers to the dressing and coat well. Marinate beans and peppers for several hours.

ROBY'S FRESH SALAD

Roby Naimi

1 bunch green onions, chopped
1 cucumber, peeled and diced
Salt & pepper
1 T. dry mint or 1 T. dry dill
Optional: 1/2 c. coarsely ground walnuts

Combine all ingredients with 1 quart plain yogurt and serve.

COPPER PENNIES

Lynne Sitarsky

1/2 c. vinegar
1 c. sugar
1/2 c. oil

Mix above until sugar is dissolved. Add to it:

2 lb. cooked sliced carrots
1 can tomato soup
1/4 c. sliced onions
1/4 c. green peppers

(continued)

Marinate overnight.

SHRIMP SALAD

Lynne Sitarsky

2 c. cooked seashell pasta
1 (8-oz.) pkg. frozen peas
1 c. shredded cabbage
1 or 2 sm. cans shrimp
3/4 c. mayonnaise (Miracle Whip)
1 T. mustard
Salt & pepper, if desired

Mix all ingredients together and refrigerate. Variations: Replace pasta with rice, may add celery, onions, green peppers or pickles.

BROCCOLI SALAD

Alix O'Donnell

1 ½ lbs. fresh raw broccoli, trim and cut into flowerets
1 lb. or more bacon, fried crisp and crumbled
1/2 red onion, chopped
3/4 c. mayonnaise, or to taste
3 T. granulated sugar or to taste

Combine above ingredients and mix with dressing consisting of mayonnaise and sugar whipped together until smooth and creamy. Serves 4-6.

CUBAN BLACK BEAN, COUSCOUS AND ORANGE SALAD

Jill Stevens

1 c. black beans (2 cans)
2/3 c. water
3/4 tsp. ground cumin, divided
1/2 tsp. cayenne pepper, divided
1/3 c. couscous
5 T. fresh lime juice
2 T. orange juice
1 tsp. Dijon mustard
1/4 c. olive oil
2 T. minced red onion
3 oranges
1 stalk celery, minced
2 T. cilantro
Freshly ground pepper to taste

Soak beans overnight in lots of water (if canned beans are used, drain and rinse thoroughly). Drain and put into a saucepan with 4 times the amount of water. Bring to a boil, reduce heat and simmer until beans are tender, about 35-40 minutes. Drain and rinse with cold water. Set aside. Bring 2/3 cup water to boil in a medium saucepan with 1/4 teaspoon cumin, 1/4 teaspoon cayenne and 1/4 teaspoon salt. Add couscous and bring back to a boil. Cover and remove from heat. Set aside for 5 minutes. Stir and add beans. Whisk together lime juice, orange juice, mustard, 1/2 teaspoon cumin, 1/4 teaspoon cayenne and 1/4 teaspoon salt. Slowly whisk in the oil until smooth. Soak the red onion in cold water for 10 minutes. Drain and pat dry. (This is an optional step.) Slice the

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tops and bottoms off the oranges. Slice off the peel and white pith down to the flesh. Cut between the sections to remove. Add the onions, oranges, celery and cilantro to the bean mixture with the dressing and several grindings of black pepper. Refrigerate. Serves 6.

ITALIAN VEGETABLES

Cindi Knight

1/2 c. broccoli
1/2 c. cauliflower
1/2 c. carrots
1/2 c. zucchini
3 T. garlic
1/2 c. Romano cheese
1 T. lemon juice
1 T. basil
1 T. parsley

Slice vegetables into small pieces. Steam until tender, about 3-4 minutes. In a skillet, heat 1/2 cup olive oil. Add garlic and fry for 1 minute. Add vegetables, toss with garlic for 2-3 minutes. Add cheese, lemon juice and herbs.

NECTARINE PASTA SALAD

Cindi Knight

8 oz. shell macaroni
4 fresh nectarines
1/2 c. fresh parsley
2 c. sliced celery

Cook macaroni and drain. Add chopped, peeled nectarines, parsley and celery.

Basil Dressing:

10 T. white vinegar
4 T. sugar
4 tsp. basil
3 tsp. thyme
2 cloves minced garlic
1/2 tsp. pepper
1/2 c. oil

Mix ingredients together and add to pasta mixture.

CREAMY FROZEN FRUIT SALAD

Nenette Rivera

Make ahead and store in freezer:

1 (8-oz.) pkg. cream cheese, softened
1 c. dairy sour cream
1/4 c. sugar
1 (16-oz.) can apricot halves, drained
1 (20-oz.) can crushed pineapple, well drained
1 (8-oz.) jar maraschino cherries, drained
1 1/2 c. mini marshmallows
Mint sprigs to garnish

In a large mixing bowl, beat cream cheese until smooth. Add sour cream and sugar. Blend at low speed until ingredients are well combined. Fold drained fruit and marshmallows into the creamed mixture. Pour salad into greased salad mold. Cover with plastic wrap and freeze for at least 8 hours or overnight. Just prior to serving, remove salad mold and allow to sit at room temperature for 10 minutes. Garnish with mint sprigs. Serves 8-10.

PASTA SALAD PARMESAN

Linda Nicolaysen

1/3 c. peanut oil
2 c. broccoli flowerets
1/4 c. sliced green onions
2 cloves garlic, minced
3/4 tsp. basil
1/4 tsp. salt
1/2 lb. fresh grated Parmesan cheese
1 c. cherry tomatoes, halved
1/2 lb. rotini pasta

Boil pasta according to directions on package. Toss and stir first 6 ingredients over medium heat about 4 minutes or until tender. Remove from heat, combine with pasta, cheese and tomatoes.

FRUIT SALAD

Ruby Perez

2 cans fruit cocktail
1 can sliced pineapple
1 can sweetened grapes
1 sm. bottle cherries
1 can nata de coco
1 sm. whipped cream
1 bottle sweetened young coconut balls
1 bottle sweetened young coconut strings
2 (8-oz.) pkgs. cream cheese
1 med. size apple

Slice pineapple and apple into small pieces. Drain first 7 ingredients and mix with cream cheese and whipped cream. Chill and serve.

CRANBERRY JELLO SALAD

Debi Cordes

1 (3-oz.) pkg. cherry Jello
1 can pitted cherries
8 oz. crushed pineapple
8 oz. canned cranberries
1 c. water
1 (3-oz.) pkg. lemon Jello
3 oz. cream cheese
1/2 c. whipped cream
1 c. mini marshmallows
2 T. chopped walnuts

Dissolve cherry Jello in cherry juice and water. Add cherries and cranberries. Chill until almost firm. Dissolve lemon Jello in water and add softened cream cheese. Add pineapple with juice. Chill until almost set in separate bowl. Fold in whipped cream and marshmallows. Pour over cherry mixture. Add chopped nuts.

BROCCOLI WITH HORSERADISH SAUCE

Cindi Knight

4 T. melted butter
2/3 c. mayonnaise
1 T. horseradish
1 T. minced onion
1 tsp. dry mustard
Pinch of red pepper flakes

Combine all of the above ingredients and set aside. Cook 1 head of broccoli in water (steaming is preferred) for 8-10 minutes until it is crisp. Drain. Add horseradish sauce and serve.

BROCCOLI TIMBALES WITH LEMON SAUCE

Bertha Hanson

1 1/2 c. heavy cream
1/4 c. fresh lemon juice
1 1/4 lbs. fresh trimmed broccoli
4 T. unsalted butter
1 chicken bouillon cube
Beurre manie 1 T. melted butter blended with 1 T. flour to form a paste
3 T. freshly grated Parmesan cheese
6 oz. cream cheese
3 egg yolks
Salt and ground white pepper

Mix 1 cup heavy cream and the lemon juice in a small bowl. Let stand 1 hour. Heat oven to 350°. Steam broccoli until tender. Rinse with cold water, drain well on a paper towel. Chop coarsely. Grease 12 muffin cups and line with waxed paper. Blend together 4 tablespoons butter, Parmesan cheese, cream cheese, eggs and egg yolks until smooth. Add remaining 1/2 cup cream; process until well blended. Transfer to a large bowl, fold in broccoli, season to taste with salt and pepper. Spoon evenly into muffin cups and bake until centers are set, 20-25 minutes. While timbales are baking, prepare lemon sauce by combining lemon-cream mixture and bouillon cube in large saucepan. Heat to boiling. Add Beurre manie to thicken sauce. Season to taste with salt and pepper. keep warm. Transfer timbales to a platter. Spoon lemon sauce over them.

CARAMEL SWEET POTATOES

Bertha Hanson

5 med. sweet potatoes, boiled, skinned and sliced

Arrange slices in a buttered dish. Combine:

1 c. brown sugar
3 T. flour
1 tsp. salt

Dot with:

2 T. butter

Top with:

8 marshmallows
1/2 c. nuts

Pour over:

1 c. cream

Cover with foil and bake at 350° for 1 1/2 hours. Remove foil last 1/2 of cooking.

SCALLOPED CORN

Lynne Sitarsky

1 can creamed-style corn
1 can whole kernel corn
1/2 c. milk
1/4 c. chopped onion
1/2 c. bread crumbs
Optional: 1 sm. can oysters, minced

Combine all but the bread crumbs in a casserole dish. Top with the bread crumbs and bake at 350° for 35-45 minutes.

ONION-CARROT STIR FRY

Alix O'Donnell

6 T. (3/4 stick) butter
1 med. onion, thinly sliced
6 med. carrots, peeled and cut in match stick pieces
1 T. sugar
1 1/2 tsp. dried tarragon, crumbled
Salt & pepper to taste

Melt butter in a wok or heavy large skillet over medium heat. Add onion and stir until softened, about 3 minutes. Increase heat to medium-high. Add carrots and stir until just crisp-tender, about 5 minutes. Stir in sugar and tarragon and cook 2 more minutes. Season with salt and pepper as desired. Serves 6.

GOURMET POTATOES

Shirley Storch-Sherman

6 med. red potatoes
2 c. shredded cheddar cheese
1/4 c. butter
1 1/2 c. sour cream
1/3 c. chopped green onions
1 tsp. salt
1 tsp. pepper
2 T. butter
1 T. poppy seed

Cook potatoes with skins on, cool, peel and shred. In a saucepan, slowly melt the cheese and butter. Remove from the heat and add sour cream, onions, salt, pepper and poppy seeds. Fold into potatoes and put in greased casserole dish. Dot with butter. Bake at 350° for 25 minutes. Jarlsberg cheese makes a wonderful substitution.

SWISS GREEN BEANS

Donna Hughes

1 1/2 lbs. fresh whole green beans, cleaned and destrung

Dressing:

5 T. lemon juice
2 lg. cloves freshly crushed garlic
1/2 c. olive oil
1 T. red wine vinegar
1/2 tsp. crushed tarragon
1/2 tsp. dried dill weed
1/2 tsp. salt (more if desired)
Freshly ground pepper
2 tsp. prepared dark or Dijon mustard
1/2 c. packed freshly minced parsley
1/3 lb. Swiss cheese, cut into strips

Steam the beans until just tender. Larger beans will naturally take longer to cook. Remove from heat, rinse with cold water. Combine the dressing ingredients thoroughly in a mixing bowl. Add the well drained beans to the dressing. Add Swiss cheese strips to the salad and toss until well distributed. Cover tightly and allow to marinate 2-3 hours, mixing about once an hour. Add 1/2 cup chopped ripe olives and 1/2 cup each thinly sliced green and red peppers. Mix well. Cover and allow to sit overnight or at least 5 hours. You may top with slivered almonds if desired. Makes 4 servings.

FOIL GRILLED SUMMER VEGETABLES

Cheryl McDaniel

2 T. olive oil
4 T. balsamic vinegar
2 tsp. dried leaf basil
1 tsp. dried leaf thyme
1 tsp. ground hot red pepper
1 1/2 lbs. zucchini, trimmed and cut into 1/2-inch thick slices
1 1/2 lbs. yellow summer squash, trimmed and cut into 1/2-inch thick slices
1/2 lb. shitake mushrooms
1 lg. onion, thinly sliced
2 cloves garlic, finely chopped

Prepare grill so coals are medium. Combine olive oil, 2 tablespoons vinegar, basil, thyme, salt and red pepper in very large bowl. Add zucchini, yellow squash, mushrooms, onion and garlic to bowl. Fold 2 pieces of heavy-duty aluminum foil in half, dull side out, to form 2 (18-inch) squares. Spoon vegetables into 1 square. Cover with other square. Fold edges of foil over 2-3 times to form tightly sealed packet. Grill packet 5-6 inches over medium coals in covered grill for 20 minutes. Turn packet over, grill 10 minutes. Carefully open packet; grill 10 minutes or until tender. Sprinkle vegetables in foil with remaining vinegar, or turn vegetables into large bowl and toss with vinegar.

FRENCH COUNTRY-STYLE POTATOES

Shirley Storch-Sherman

1 (16-oz.) can tomatoes, drained, reserve liquid
2 T. butter
1/2 lb. bacon, cut into 1-inch cubes
1 1/2 lbs. potatoes
1/2 bunch thyme
1/2 bay leaf
Salt and freshly ground pepper
1 c. chicken stock

Cook the bacon in a skillet without any extra fat, until it begins to brown. Peel the potatoes and cut into thin rounds. In an 8-inch baking dish, layer the potatoes, tomatoes and bacon, followed by some of the thyme, bay, salt and pepper. Dot with some of the butter. Make 2 more layers of the same. Pour the reserved tomato juice and the chicken stock into the dish. Bake in a preheated oven (350°) for 1 1/4 to 1 1/2 hours. Serves 4-6.

BETTYS BAKED BEANS

Shirley Storch-Sherman

1 (16-oz.) can lima beans, drained
1 (16-oz.) can butter beans, drained
1 (32-oz.) can red kidney beans, drained
1 (48-oz.) can baked beans
8 oz. bacon, sliced and fried (not crisp) reserving some of the grease
1 lg. onion, sliced

Mix all the ingredients together in a crockpot. Make a sauce of 1/4 cup vinegar, 2 cloves garlic (minced), 1 tablespoon mustard, 2 tablespoons brown sugar and 1-2 tablespoons bacon grease. Add this to the beans. Cook in the crockpot for about 3-4 hours or until the onions are tender. Additional mustard, sugar or vinegar may be added as desired.

YAMS WITH ORANGE

Nenette Rivera

2 sm. yams
2 T. butter
1 orange
Freshly ground black pepper

Peel yams and slice into thin rounds. Melt butter in a sauce pan over medium heat. Add yams in 1 layer and cook 2 minutes to brown. Squeeze juice of orange over yams, cover pan and simmer 5-6 minutes. Remove cover and cook over high heat for 2 minutes to reduce liquid and to glaze. Season to taste with pepper and serve at once.

ROASTED AUTUMN VEGETABLES

Alix O'Donnell

1 1/2 lbs. sm. red potatoes, quartered
1 lb. shallots, peeled and trimmed
1 bay leaf
1/4 tsp. dried thyme, crumbled
4 cloves garlic, crushed
2 lb. butternut squash, peeled and cut into 3/4-inch pieces
Salt & pepper to taste
5 T. olive oil

In a bowl, toss the potatoes, shallots, spices and 4 tablespoons of the oil. Spread the potato-shallot mixture in a shallow baking pan. Bake at 375° for 25 minutes, mixing about every 5 minutes. In a bowl, toss the squash with the remaining oil, salt and pepper. Add to the potato mixture, bake an additional 20 minutes. Continue to stir every 5 minutes. Continue baking until the vegetables are browned and slightly crisp. Serves 8.

PAUL'S POLENTA AND SPICY VEGETABLES

Cheryl McDaniel

1 1/2 c. cornmeal (yellow)
1 c. water
1 tsp. salt
3 1/2 to 4 cups boiling water
1 packed c. grated cheddar cheese
Grated Parmesan cheese to taste

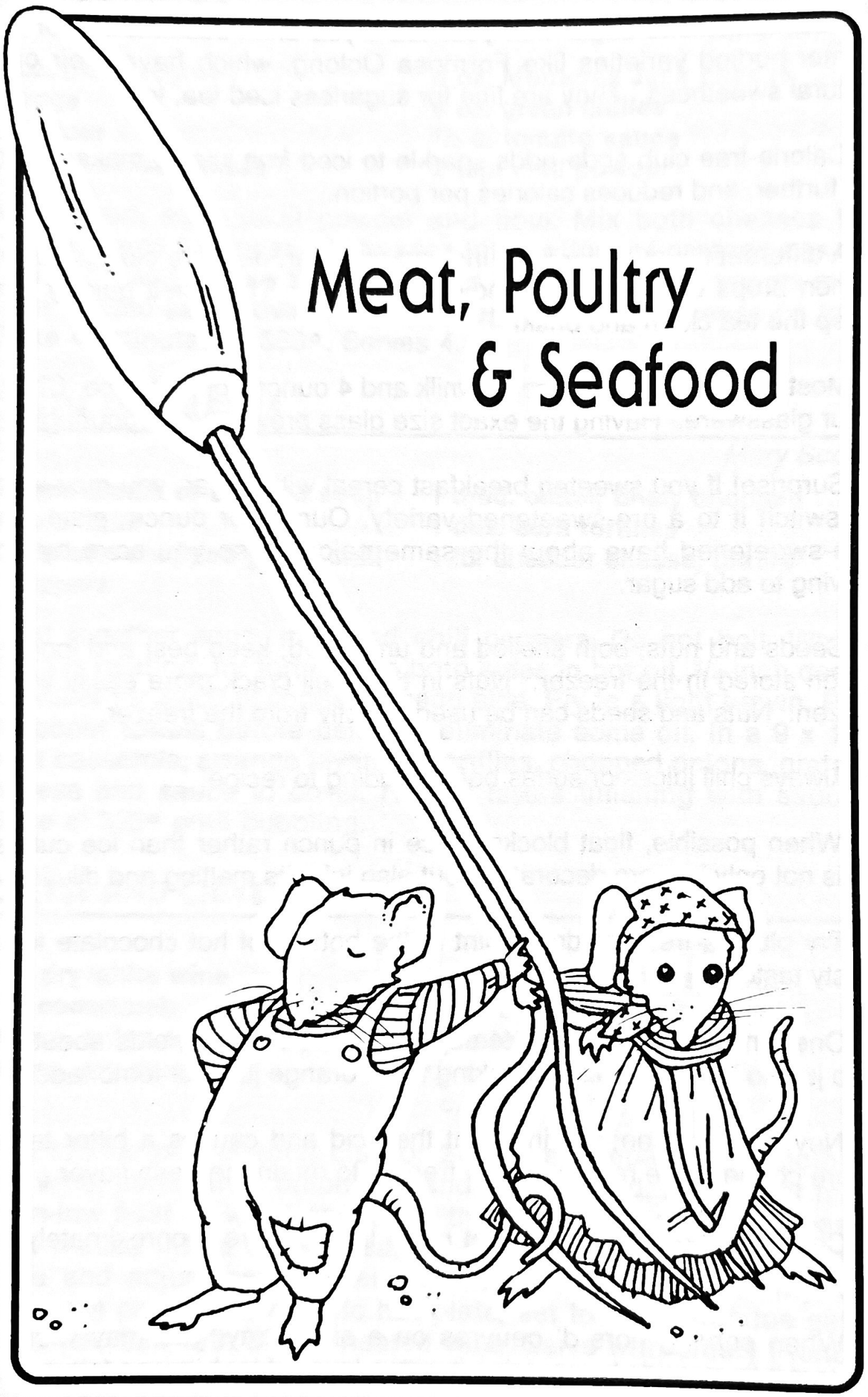
Combine cornmeal, cold water and salt. Mash into a uniform paste. Add to rapidly boiling water. Lower the heat and beat with a wire whisk while it cooks. Cook for 10-12 minutes. It should be the consistency of thick breakfast cereal. Mix in the cheese. Keep warm in double boiler until serving time.

Vegetables:

1 med. onion
2 med. bell peppers
2 sm. or 1 med. zucchini, cubed
1 sm. eggplant, cubed
4 cloves crushed garlic
2 med. tomatoes in chunks
1 tsp. cumin, ground coriander and chili powder
3 T. burgundy wine
1/2 c. tomato juice
2 T. tomato paste
2 tsp. salt
Black pepper to taste
¼ c. olive oil
½ c. chopped Spanish olives

Heat olive oil in large heavy cooking pot. Crush the garlic into the oil. Add onion and salt lightly. Saute over medium heat until onion begins to turn transparent. Add eggplant, wine and tomato juice. Add herbs. Stir to mix well, then cover and simmer 10-15 minutes over low heat. When eggplant is tender enough to be easily pricked by a fork, add zucchini and peppers. Cover and simmer 10 minutes. Add salt and pepper, tomatoes and tomato paste. Mix well. Continue to stew until all the vegetables are tender. Just before serving, add the olives.

Meat, Poultry & Seafood



Helpful Hints

• You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

• Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.

• A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!

• Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

• Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

• Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

• Always chill juices or sodas before adding to recipe.

• When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

• Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

• One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!

• Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.

• Cheeses should be served at room temperature (approximately 70 degrees).

• When serving hors d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

• One quart of soup yields about six servings, unless it is the main course.

CHILI RELLENOS

Cindi Knight

8 oz. plain yogurt
2 eggs
6 T. flour
8 oz. cheddar cheese
8 oz. Monterey Jack cheese
8 oz. green chilies
1/2 c. tomato sauce
2 tsp. chili powder

Mix yogurt, eggs, chili powder and flour. Mix both cheeses together, Place 3 ounces of cheeses into bottom of greased casserole dish, add chilies then 3 ounces of cheese. Pour yogurt mix, then tomato sauce over chilies. Cover with rest of cheese on top. Bake 40 minutes at 350°. Serves 4.

GREEN ENCHILADAS

Mary Scott

2 cans cream of chicken soup
1 1/2 c. milk
1 sm. can chopped green chili peppers
1 med. onion, finely chopped
1 doz. corn tortillas
1 lb. cheddar cheese, grated

Heat together soup, milk and chili peppers. Do not boil. While soup is heating, fry tortillas on both sides in hot oil, 1/4-inch deep in skillet for 30-60 seconds on each side. Fry to a light brown. Pat on paper towels before using to eliminate some oil. In a 9 x 13-inch casserole, arrange layers of tortillas, chopped onions, grated cheese and sauce to cover. Repeat layers finishing with sauce. Bake at 325° until bubbling.

CHEESE AND CHIVE FONDUE

Becky Walsh

1 c. dry white wine
1 T. cornstarch
1/4 tsp. onion salt
1/2 tsp. dry mustard
1/2 lb. Bonbel cheese, shredded or 2 (8-oz.) Babybel cheese, shredded
1/4 c. freeze-dried chives or 1/2 c. fresh chives

In a fondue pot, chafing dish or 2-quart saucepan, stir together the wine, cornstarch, onion salt and dry mustard. Place over medium-low heat to warm the wine, then gradually stir the cheese until melted into a smooth sauce. Stir in chives. Transfer pot to table and adjust heat to keep fondue bubbling very slowly, or place the pan on an electric hot plate, set to low. If fondue gets too thick, thin with a little heated wine. Serve with crusty French bread and small red potatoes. Little pickled gherkins make a nice accent too.

ROSEMARY RICE PILAF

Christina Long

2 T. butter
4 T. shallots, finely chopped
1 tsp. fresh rosemary, finely chopped
2 c. chicken broth
1 c. rice

Melt butter in a saucepan. Saute the shallots until soft, about 3 minutes. Add the rosemary and chicken broth and bring to a boil. Add the rice, cover and reduce heat. Simmer about 20 minutes, until all liquid is absorbed. Stir and serve with Rosemary Chicken Breasts. Serves 4.

MEDITERRANEAN PILAF

Cindi Knight

3 c. chicken broth
1 1/2 c. white rice
2 T. vegetable oil
1/2 c. seedless yellow raisins
1 tsp. turmeric
1 tsp. curry
1 1/2 tsp. light soy sauce

Boil broth; add rest of ingredients. Cover and cook 20 minutes until rice is soft and liquid is absorbed. Serves 8.

HALLIE'S CHILI PEPPER RICE

Shirley Storch-Sherman

2 c. uncooked white rice
4 c. chicken broth
1 sm. can chopped green chili peppers
1 c. shredded Jack cheese
Paprika
1/2 c. crushed Triscuit crackers or cornflake crumbs
1 c. sour cream

Add rice to boiling broth and cook until rice absorbs broth. Set aside. Mix chilies, sour cream and cheese together. Butter casserole dish. Layer rice and sour cream mixture in dish until full. Sprinkle with paprika and crumbs on top. Bake in oven at 425° for 20-25 minutes.

BETTY'S ARTICHOKE RICE

Shirley Storch-Sherman

2 boxes chicken flavored rice mix
2 jars marinated artichokes, chopped and drained, reserve oil
2-3 green onions, chopped
2 stalks celery, chopped
1-2 cooked chicken breasts, shredded (optional)
1/2 to 1 c. mayonnaise
1/2 c. sliced olives
1/2 c. slivered almonds
Curry to taste

Cook rice per directions, cool. Add all other ingredients varying mayonnaise and curry to desired taste and consistency.

SPANISH RICE

Lynne Sitarsky

1 lb. ground beef
1/2 c. chopped onion
1/2 c. chopped celery
2 cloves garlic
1 c. uncooked rice
1 (15-oz.) can tomato sauce
1 can whole or crushed tomatoes
1/4 c. picante sauce

Cook rice according to the package. Saute together the beef, onion, celery and garlic. Add to the meat mixture the tomato sauce, canned tomatoes and picante sauce. Add this mixture to the cooked rice and heat together for 30-60 minutes.

CHINESE FRIED RICE

Ruby Perez

4 strips bacon, cut finely
2 eggs, slightly beaten
5 c. cooked rice
1 T. soy sauce
1/4 c. cooked ham
1/4 c. shrimp, cooked and shelled
1 T. green onions, cut finely
Salt and pepper to taste
2 tsp. oyster sauce

Fry bacon until slightly brown. Discard fat. Fry the beaten egg. With a little oil add cooked rice and fry for 5 minutes. Mix thoroughly. Add other ingredients, cooked bacon and seasonings.

JAMBALAYA

Christina Long

1 lb. smoked sausage (turkey or pork) Kielbasa type
2 T. margarine
1 lg. yellow onion, chopped
1 1/2 c. celery, chopped
2 green bell peppers (or 1 red and 1 green) seeded and chopped
2 cloves garlic, minced

Seasoning: Combine in a small bowl:

1 tsp. white pepper
1/2 tsp. salt
1/2 tsp. dry mustard
1/2 tsp. cayenne
1/2 tsp. cumin
1/2 tsp. black pepper
1/2 tsp. dried thyme
4 sm. bay leaves

2 c. cooked rice
2 (14-oz.) cans stewed tomatoes
2 (10 1/2-oz.) cans chicken broth
12 med. prawns (either raw or previously cooked and thawed)

In a large Dutch oven, melt the margarine. Slightly brown the sliced sausage, about 5 minutes. Add the onions, celery, peppers and garlic. Stir well and cook until they are soft and slightly browned, about 10 minutes. Add the seasoning mix and cook an additional 5 minutes. Stir in the rice and cook 5 minutes, stirring and scraping the bottom of the pan. Add the tomatoes and broth. Additional water may be added to cover. Bring to a boil, then cover and simmer for 20-30 minutes, until liquid is absorbed. Rice will be slightly crunchy. Add shrimp and cook until pink (if raw) or until warmed through. **Note:** The seasoning mix is **hot**. Experiment with quantities to decrease the heat, but keep all the ingredients for the right flavor. Serves 6-8.

MOM'S OUTSTANDING MACARONI AND CHEESE

Alix O'Donnell

1 1/2 c. dry elbow macaroni, cooked according to pkg. directions
1/2 to 3/4 lb. cubed cheddar cheese
1 1/3 c. milk
2 heaping T. mayonnaise
Salt & pepper to taste
Dry bread crumbs
Margarine

Place cooked macaroni in 2-quart casserole dish. Add cheese, milk, mayonnaise, salt and pepper. Stir to blend well. Cover with 1/4-inch layer of bread crumbs. Dot with margarine. Bake 1 hour at 400° uncovered. Serves 4-6.

PENNE WITH GORGONZOLA WALNUT SAUCE

Cindi Knight

1 T. butter
3 T. chopped onion
2 tsp. thyme
2 c. cream
1/2 lb. gorgonzola cheese
1 1/2 bags penne pasta
1 c. chopped walnuts
1/2 c. grated romano cheese

Saute onions in melted butter for about 5 minutes. Add thyme, cream and gorgonzola; stir until cheese melts and thickens. Cook pasta and drain. Add to sauce along with walnuts. Sprinkle with romano cheese and serve.

TORTELLINI PRIMAVERA

Donna Haigh

1 lb. cheese-filled tortellini, cooked until tender
1 sm. zucchini, sliced
2 oz. snow peas
6 stalks asparagus, chopped
1 1/2 c. broccoli flowerets
1 carrot, sliced
1 garlic clove, minced
1/2 c. onion, minced
10 med. mushrooms, sliced
1/4 c. chopped parsley
1 1/2 tsp. chives
1 tsp. dried basil
1 pkg. creamy herb Lipton soup mix
2 c. milk
Parmesan cheese

In a saucepan, saute vegetables, garlic, parsley, chives and basil. Add soup and milk and mix. Add vegetables and soup mixture to cooked tortellini and sprinkle with Parmesan cheese.

GIOVANNI'S PASTA

Gina Kinzler

2 (17-oz.) cans or jars artichoke hearts
1 (10-oz.) jar stuffed pimento olives
1/4 c. Parmesan cheese
1/2 pt. heavy cream
1 1/2 lbs. thin tomato and basil spaghetti

Mince artichokes and olives in food processor. Add cheese and cream; blend thoroughly. Cook spaghetti according to package directions. Drain and mix with artichoke mixture. If you want to heat artichoke mixture it should be done slowly. Serve with Parmesan cheese.

GENERALLY LASAGNE

Lin Wurdak

An all day affair, but enjoyable if spent with friends who like to help in the kitchen. You can play around with the ingredients until it suits your individual taste.

(continued)

Sauce: Combine in large saucepan.

2-3 lbs. fresh tomatoes, peeled and mashed
13 to 15 oz. canned tomato sauce
6-8 oz. canned tomato paste

Add:

1 T. each: lemon juice and sugar
1/2 c. chopped onion
1/2 to 1 c. sliced mushrooms
1/4 c. chopped parsley
1 T. salsa
1-2 bay leaves
Add to personal taste: celery seed, oregano, garlic powder or chopped garlic

Simmer over low heat at least 3-4 hours, stirring frequently to keep it from burning.

Meatballs:

1 lb. lean hamburger
1/4 lb. ground sausage
1/2 c. crushed crackers
1 egg
Dash Tabasco
1/4 tsp. oregano
1 tsp. Worcestershire sauce

Combine all ingredients well. Roll into meatballs. Brown in skillet. Add to sauce and simmer.

Cheese Combo:

1/4 lb. each: coarsely grated Parmesan, romano, Italian sharp cheeses
1/2 lb. Monterey Jack

Ricotta mix:

1 lb. ricotta cheese
1/4 c. chopped parsley and/or spinach
1 egg

1 1/2 hours before serving, boil enough lasagna noodles for 3-4 layers in an oblong baking dish. (Homemade semolina noodles are ideal.) Remove meatballs from sauce, save for serving later. Remove bay leaf. Layer ingredients in baking dish in this order: 1.) sauce, 2.) noodles, 3.) blots of ricotta mix, 4.) cheese combo. Continue in this order, ending with sauce. Bake in 400° F. oven for 1 hour. Let stand 10-15 minutes before serving. Reheat meatballs to serve on the side.

SALMON RAVIOLI

Bertha Hanson

Salmon Mousse:

1/2 lb. salmon, remove skin and bones
1 egg white
1/3 c. whipping cream
2 tsp. chives, chopped
Salt & white pepper to taste
11-12 wonton wrappers
1 egg beaten
Water

Basil Sauce:

1 T. butter
1 tsp. shallots, minced
1 1/2 T. dry white wine
1/2 T. dry sherry
1/4 c. regular-strength chicken broth
1/4 c. mushrooms, chopped
1 1/2 c. fresh basil leaves or 1 1/2 tsp. dried basil flakes
1/2 c. plus 2 T. whipping cream
1/4 c. butter

Sauteed Tomato Sauce:

1 sm. tomato, peeled and cored
1 T. butter
1 clove garlic
Salt & pepper to taste
Fresh basil sprigs

To make salmon mousse: In a blender or food processor, whirl salmon (cut into chunks), egg white, whipping cream and chives until smoothly pureed and thick. Add salt and pepper to taste. If made ahead, cover and chill up to 24 hours. **To make the basil sauce:** In a 10 to 12-inch frying pan over medium-high heat, melt butter. Add shallots and cook, stirring until soft. Stir in wine, sherry, chicken broth and mushrooms. Cook uncovered, stirring occasionally until reduced to 1/4 cup; remove from heat. Whirl basil in a blender or food processor with the hot mushroom mixture until smooth. Return basil mixture to pan (if made ahead, cover and set aside for up to 6 hours). Add whipping cream; bring to a boil. Reduce heat and add in 1 piece butter; stir constantly until butter melts and is incorporated into sauce. If desired, pour sauce through a fine wire strainer. **To make sauteed tomato sauce:** In a 6 to 8-inch frying pan, melt butter over medium heat. Add garlic and swirl in the pan until golden. Add tomato and stir until most of the juices have evaporated. Add salt and pepper. **To make ravioli:** Place 1/12 of the salmon mousse in the center of a wonton wrapper (keep remaining skins covered with plastic wrap). Brush wrapper around half the filling with egg. Fold plain side of wrapper over the filling, aligning the edges; press firmly to seal. Use a pastry wheel to cut rectangle into a 4-inch long semicircle. Discard trimmings. Repeat to make remaining ravioli. Place filled ravioli in a single layer, without touching on rimmed baking sheets. If made ahead, cover with plastic wrap and chill up to 4 hours. Or freeze, then package in plastic bags and store up to 2 months. **To cook:** Bring 4 quarts of water in a 5 or 6-quart pan to boiling over

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high heat. Add ravioli and cook, uncovered until noodle is even color throughout (cut to test), about 5 minutes (6-7 minutes if frozen). Meanwhile, spoon basil sauce equally onto 6 heated dinner plates. Remove ravioli from heat and lift from water with a slotted spoon, draining well. Arrange 2 ravioli on each plate and spoon equal amounts of sauteed tomato onto each serving. Garnish with basil sprigs and serve at once. Makes 6 first course servings.

VEGETABLE FRITTATA

Cindi Knight

6 red potatoes
3 T. olive oil
1 garlic clove, minced
1 c. zucchini, diced
1/2 c. red bell pepper, sliced
1/2 c. onion, sliced
2 eggs or egg substitute
2 egg whites
1/2 c. non-fat milk
1 T. basil
1 tsp. red pepper flakes
1 c. grated mozzarella cheese
2 tsp. paprika
1 tsp. rosemary
1/2 tsp. parsley

Cook potatoes with skins on. Cut into 1/2-inch cubes. Heat oil in skillet, add garlic, zucchini, pepper and onions. Cook until crispy but tender, then add potatoes. Set aside. Beat eggs and egg whites until frothy then add spices. Pour egg mixture over vegetables. Sprinkle with cheese. Bake at 350° for 25 minutes.

CHEDDAR CHEESE SOUFFLE

Lynne Sitarsky

1 c. Bisquick baking mix
1/2 tsp. dry mustard
1 c. milk
1 c. shredded cheddar cheese
3 eggs (separated)
1/4 tsp. cream of tartar

Mix baking mix and mustard in saucepan. Stir in milk gradually. Heat to boiling, stirring constantly. Boil 1 minute. Add cheese, remove from heat. Add to egg yolks (gradually). Beat egg whites and cream of tartar until soft peaks form. Fold into cheese mixture. Pour into lightly greased 1 1/2 quart casserole. Bake 40-50 minutes. Serve immediately.

MUSHROOM TART

Cindi Knight

Cream cheese pastry
3 T. butter
1 sm. onion, chopped
1 lb. mushrooms, sliced
2 T. flour
1/4 c. heavy cream
1/4 c. milk
1/4 tsp. pepper
1 egg white

Make pastry as follows: Mix 6 tablespoons butter with 3 ounces cream cheese, then add 3/4 cup flour. Chill until firm. Roll out to fit 8-inch pie plate. Place into plate, set aside. Melt butter in skillet, add onion and cook over medium heat 10 minutes. Add mushrooms and stir until they wilt, about 10 minutes. Stir in flour, cream, milk and pepper. Cook until thickened. Cool. Beat egg whites until frothy; brush over pastry shell. Fill shell with mushroom mixture, Bake at 425° for 25 minutes.

BROCCOLI CHEESE PIE

Shirley Storch-Sherman

1 bunch broccoli flowerets
1 c. sliced mushrooms
1/2 c, chopped onions
Salt & pepper
1/4 c. butter
1 clove garlic, minced
3 eggs
1/2 lb. ricotta cheese
1/4 c. chopped parsley
2 T. dill
1 c. cheddar cheese
Filo dough or puff pastry

Steam broccoli and set aside. Saute the mushrooms, onion, salt and pepper in the butter; add the garlic. Add the broccoli. Set aside. Mix together the remaining ingredients and add to the broccoli mixture. Line a greased quiche dish with filo dough or puff pastry sheets, brush with melted butter. Pour the broccoli filling in and top with another layer of pastry. Brush with more butter and slice top before baking. Bake at 350° for 40-45 minutes.

QUICHE LORRAINE

Kathleen Marks

1 T. butter
1 (9-inch) unbaked pie shell, well chilled
12 slices bacon
4 eggs
2 c. heavy cream
3/4 tsp. salt
1/8 tsp. nutmeg
1/8 tsp. sugar
1/2 tsp. Tabasco sauce
1 c. grated Swiss cheese

Spread butter over the surface of the unbaked pie shell. Cook bacon until crisp, drain. Crumble into small pieces. Combine eggs, cream, salt, nutmeg, sugar and Tabasco with a rotary beater, beating just long enough to mix thoroughly. Sprinkle bacon and

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cheese into pie shell, pour in the egg mixture. Bake at 425° for 15 minutes. Reduce heat to 300° and bake 40 minutes longer or until the point of a knife inserted in the center comes out clean.

TACO QUICHE

Jane Hill-Littlejohn

1 lb. ground beef
1/2 c. chopped onion
1 envelope taco seasoning (or chili or spaghetti seasoning)
1 (4-oz.) can chopped green chiles, drained
1 1/4 c. milk
3/4 c. Bisquick or your favorite baking mix
3 eggs
2 tomatoes
1 c. shredded cheddar or Jack cheese

Heat oven to 400°. Grease a 9 or 10-inch pie plate. Brown beef and onion, then drain. Stir in taco seasoning. Spread mixture in pie plate evenly, then spread chilies over meat. In a bowl, beat milk, baking mix and eggs until smooth. Pour mixture over meat and then bake 25 minutes. Remove from oven and top with cheese. Then bake an additional 8-10 minutes or until knife pulls out clean. Cool 5 minutes. Then top with your favorite taco toppings: sour cream. tomatoes, cheese, lettuce and salsa.

CREPES WITH CURRIED CHICKEN

Bertha Hanson

2 c. cooked chicken cut in sm. cubes
4 T. butter
1 med. onion, chopped
1 stalk celery, finely diced
1 tsp parsley, chopped
3-4 heaping tsp. curry powder
1 tomato, chopped
Salt & pepper to taste
1 c. chicken broth
2 T. cornstarch, mixed with 1 1/2 T. water
1/2 c. cream
1/2 c. sliced almonds
9-10 (9-inch) crepes

Heat butter in large skillet. Saute onion and celery for 3-4 minutes, add parsley, curry and tomato. Check seasoning and add salt and pepper to taste. Cover and cook for 10 minutes. Add chicken broth, cream and chicken. When mixture comes to boil, add enough of the cornstarch mixture to thicken the filling well. Put a spoonful or two of filling down the center of each crepe, roll and turn seam side down in a buttered baking dish. Any sauce left in the pan can be spread over tops of the crepes. Sprinkle crepes with the almonds. Bake at 375° for 20 minutes. This freezes well; just defrost completely and bake the same as freshly made.

BROILED CRAB OPEN-FACES

Bertha Hanson

7 1/2 oz. canned crab meat, drained and flaked
1/4 c. mayonnaise
3 oz. cream cheese, softened
1 egg yolk
1 tsp. finely chopped onion
1/4 tsp. prepared mustard
Dash salt
3 English muffins, split and toasted
2 T. butter, softened

Stir crab and mayonnaise; set aside. Beat together cream cheese, egg yolk, onion, mustard and salt until smooth and creamy. Spread toasted muffin halves with butter, then with crab mixture. Top with cream cheese mixture. Place on baking sheet. Broil 5-6 inches from heat for 2-3 minutes, until top is bubbly and golden.

RUNZA

Lynne Sitarsky

Refrigerated crescent roll dough
1 lb. ground beef
1/2 c. chopped onion
3 c. grated cabbage

Open crescent rolls and flatten, do not separate at perforation. Seal this closed by pinching. Stretch on a lightly floured cookie board. Set aside. Brown ground beef with chopped onion, add cabbage and saute for 5 minutes. Spread this mixture on 1/2 of the dough and fold other side over ; seal edges. Place on greased cookie sheet. Bake at 350° for 15-20 minutes. Makes 4 rolls.

MUFFULETTA

Bertha Hanson

1 (6-inch long) loaf bread
6 T. butter
1/2 c. fresh basil leaves
1/4 c. extra-virgin olive oil
1/4 c. Kalamata olives, pitted
1/3 lb. sliced Provolone, the slices halved
1/4 c. chopped and drained marinated artichoke hearts
1/4 lb. thinly sliced salami, the sliced halved
1 red bell pepper, roasted and quartered

Cut the top off the loaf horizontally, remove soft crumb from the top and bottom shells, leaving each shell 1/2-inch thick and reserve a packed 1/4 cup of the crumbs. Spread the butter on the insides of the shells. In a blender, puree the basil, the reserved bread crumbs, the oil, the olives, salt and pepper. Fit half the provolone slices into the bottom shell, spread provolone with about 1/3 the basil mixture and top the basil mixture with 1/2 the artichoke hearts. Top the artichoke hearts with 1/2 the salami slices, spread salami with 1/2 the remaining basil mixture and top the

(continued)

basil mixture with the bell pepper. Top the bell pepper with the remaining salami slices, spread the salami with the remaining basil mixture and top the basil mixture with the remaining artichoke hearts. Top the artichoke hearts with the remaining provolone slices, fit the top shell on the bottom shell and press the muffuletts together firmly, reforming the loaf. Wrap the muffuletta tightly in foil, chill it for 1 hour. The muffuletta may be made 24 hours in advance. Cut into quarters with serrated knife before serving. Serve 2-4.

AVOCADO BACON STACK-UPS

Bertha Hanson

8 slices rye bread
Butter, softened
8 sliced Canadian bacon
1 avocado, seeded, peeled and mashed
1 tsp. grated onion
1 tsp. lemon juice
1/4 tsp. salt
Dash pepper
4 sliced sharp cheddar cheese

Spread rye bread generously with softened butter. In a skillet, cook Canadian bacon; drain. Combine avocado, onion, lemon juice, salt and pepper. Spread on 4 slices of bread using about 2 tablespoons mixture for each. Top each with a cheese slice. Place on baking sheet, broil 2-3 minutes until cheese is melted and sandwiches are heated through. Place 2 slices of bacon on each sandwich. Top with remaining bread.

TUNA BURGERS

1 can tuna
1 c. cheddar cheese, cubed
1/2 c. diced celery
1/4 c. mayonnaise
1-2 T. chopped onion
4 buttered hamburger buns

Mix first 5 ingredients together. Spread onto buns. Wrap in foil. Bake at 400° for 15 minutes.

THREE-BEAN CASSEROLE

Cheryl McDalnel

1 (10-oz.) pkg. frozen lima beans
3 (1-lb.) cans baked beans
2 (15 1/2-oz.) cans kidney beans, drained
1 lb. Italian link sausage or pork link sausage
1/2 lb. cooked ham, cut into 1/2-inch cubes
1 med. onion, chopped (about 1/2 c.)
1 (8-oz.) can tomato sauce
1/2 c. catsup
1/4 c. brown sugar, packed
1 T. salt
1/2 tsp. pepper
1/2 tsp. mustard

Heat oven to 400°. Cook lima beans as directed on package; drain. Turn into greased 4 1/2-quart bean pot or casserole. Add baked beans and kidney beans. In covered skillet, simmer sausages in small amount of water 5 minutes. Drain liquid from skillet and fry sausages until brown on all sides. (Do not prick sausages.) Cut each sausage into 2 or 3 pieces. Add sausage pieces and ham to beans. Stir together remaining ingredients; pour over beans and gently mix. Bake uncovered 1 hour. Makes 10-12 servings.

LENORA'S INFAMOUS BROCCOLI AND CHEESE WHIZ CASSEROLE

Lenora Porter

1 lg. onion, chopped
1 stick butter
4 c. cooked rice
1 pkg. frozen chopped broccoli, cooked
1 can cream of mushroom soup
1 sm. jar cheese whiz

Melt butter and saute onions until soft. Spread above on bottom of glass casserole dish. Then spread rice, followed by broccoli. Spoon cream of mushroom soup on top, then the ever so tasty cheese whiz. Bake at 350° for approximately 35 minutes, then stir until ingredients are mixed.

BROCCOLI CASSEROLE

Lynne Sitarsky

20 oz. cooked broccoli
3 eggs, beaten
1 can cream of celery soup
1/2 c. cheddar cheese
1/4 c. onion, chopped
1 T. Worcestershire sauce
Bread crumbs
Melted butter

Mix the eggs, soup, cheese, onion and Worcestershire sauce with the broccoli. Top with bread crumbs and melted butter. Bake at 350° for 1 hour.

POTATO CASSEROLE

7-8 potatoes
1 can cream of chicken soup
1 pt. sour cream
1/3 c. green onions, chopped
1 1/2 c. shredded cheddar cheese
1/4 c. butter
Crushed cornflakes

Cook potatoes, peel and dice. Mix other ingredients (except cornflakes). Pour over potatoes. Sprinkle with cornflakes. Bake uncovered 45 minutes at 350°.

POTATO CHIP CASSEROLE

Lynne Sitarsky

1 bag potato chips, crushed
1 can tuna
1 c. milk
1 can creamed soup (mushroom/chicken)
1 pkg. frozen peas
1 c. grated cheese

Mix the chips, tuna, milk and soup. In the bottom of a casserole dish, pour in the peas. Add the potato chip mixture. Bake at 350° for 30 minutes. Or can be microwaved for 10-15 minutes. Then remove from oven and sprinkle cheese over the top and return to heat until the cheese is melted.

HAMBURGER-VEGGIE CASSEROLE

Lynne Sitarsky

1 lb. hamburger
5 hotdogs, cut in slices
1 lg. can Veg-all (mixed vegetables)
1 sm. can tomato sauce
1 T. Worcestershire sauce
1/4 tsp. ground cloves
2 c. biscuit mix
2/3 c. milk

Brown hamburger, hotdogs and onion. Add vegetables with liquid, tomato sauce and spices and simmer 5 minutes. Turn into casserole. Mix biscuit mix and milk together. Top casserole with it. Bake at 350° for 30 minutes or until biscuits are brown.

PASTITSIO

Lynne Sitarsky

2 lb. cooked macaroni
1 lb. ground beef
1 med. onion, chopped
1 tsp. cinnamon
2 T. grated Parmesan cheese
1 tsp. salt
1 tsp. nutmeg
3 eggs
1/2 tsp. pepper

Cream Sauce:

2 c. milk
2 tsp. cornstarch
3 eggs
2 T. butter

Simmer onions; add ground beef and all the spices and cook well. When this is done, mix with cooked macaroni and put in a baking dish. To make the cream sauce: Boil milk then add the other ingredients. Pour over the macaroni and serve.

THREE BEAN HOT DISH

Marti Kindell

1 lb. ground beef
1 lb. bacon
1 c. chopped onions
2 cans kidney beans
2 cans pork and beans
1 lg. can baked beans
2 cans butter beans
1 1/2 c. brown sugar
1 c. catsup
2 T. vinegar
1/4 tsp. salt
2 tsp. dry mustard

Brown beef, bacon and onions together. Place all beans in large crockpot. Add meat and seasonings to mixture. Stir well. Cook on high about 3 hours, stirring occasionally. Or may place mixture in a large pan and bake in the oven at 300° for 3 hours stirring occasionally. The longer they cook, the better they are.

CHICKEN CASSEROLE

Marti Kindell

6 halves chicken breasts
8 oz. non-fat plain yogurt
1 can celery soup
3/4 c. milk
7 oz. Pepperidge Farm stuffing
1 c. hot water
1 cube chicken bouillon
1 cube margarine, melted

Cube the chicken and place in 9 x 13-inch baking dish. Mix together yogurt, soup and milk. Pour over chicken. Mix together water, bouillon and margarine. Place stuffing in a separate bowl, pour the bouillon mixture over it and stir to coat. Mix half of this stuffing mixture with the chicken, crumble the other half over the top of the casserole. Bake at 375° for 20 minutes, covered, then 20 minutes uncovered.

PIEROGI

Christine Wojnarowicz

3 c. flour
1/2 tsp. salt
1 egg slightly beaten
3/4 c. (approx.) water

Fillings:

Cheese-onion:

1 lb. cheese of choice
1 sm. finely chopped onion
2 eggs
Salt & pepper

Sugared Plums:

12 fresh plums, halved and pitted
Sugar

In a bowl, combine flour and salt. Add egg and enough water to form a ball of dough. Divide in half. On a lightly floured surface roll out each ball to a 1/16-inch thickness. With a small bowl or wide glass cut out 12 (4-inch) circles. Place a generous tablespoon of filling off center on each circle. Fold dough over as for a turnover, and with fingers pinch edges together to seal firmly. Cook a few at a time in a kettle of boiling water just until pierogi float to the top, about 1-2 minutes. Remove with a slotted spoon and drain on a dish towel, turning over once to dry both sides. At this point pierogi may be cooled, divided for desired servings, wrapped in airtight plastic bags and refrigerated or frozen. Will keep 4-5 days in refrigerator. **To Serve:** Fry quickly in a small amount of butter over medium heat until lightly browned. If desired, melt more butter to drizzle over pierogi and/or serve with sour cream. **To Make Fillings:** Mix together well all the cheese-onion ingredients. For sugared plums, sprinkle the plums with sugar and place 1/2 plum in each pierogi. This recipe makes 24 pierogi.

STUFFED HAMBURGERS

Lynne Sitarsky

Hamburger
Chopped onions, celery, green pepper and garlic
Grated cheese
Teriyaki or barbecue sauce

Make large, thin hamburger patties. On one, top with any combination of the vegetables and cheese. Top with another patty and seal. Fry or broil. Brush with sauce, if desired.

SICILIAN QUACHI

Donna Halgh

1/2 c. warm water
2 pkg. dry yeast
2 c. warm milk
1/2 c. shortening or melted butter
1/3 c. sugar
2 eggs
2 tsp. salt
7 1/2 c. flour
2 lb. bulk Italian sausage, crumbled and cooked
2 c. shredded mozzarella cheese
1/2 c. fresh parsley, finely chopped
2 med. cloves minced garlic
2 (4-oz.) cans mushroom pieces
1/2 c. chopped walnuts or pinon nuts
Pepper to taste

To make sweet roll dough: Combine milk, shortening, sugar, eggs and salt. Dissolve yeast in warm water, add to the milk mixture, cool then add flour and knead until smooth. Round up in greased bowl and let rise until double. Punch down and let rise again for 15 minutes. While this is rising, combine the rest of the ingredients. After the second rising, roll out the dough into a large circle. Spread dough with sausage mixture and press lightly into dough. Roll dough jelly-roll fashion. Pinch ends together to seal. Slice 1-inch thick (pinwheels) and place slices on greased jelly-roll pan. Bake at 350° for 45 minutes or until brown.

CHEESY CHICKEN PITAS

Nenette Rivera

1 c. red, green and yellow bell pepper strips
1 sm. onion, sliced
Non-stick cooking spray
1 clove garlic, minced
3 (approx. 1 1/4-lbs. total) boneless skinless chicken breast halves, cut into strips
2 whole sheet pitas, cut in half
4 singles pasteurized process cheese slices, cut in half diagonally
Lettuce
1/4 c. sour half & half

Toss peppers and onions together in a small bowl. Set aside. Spray small frying pan with non-stick cooking spray. Cook garlic and chicken strips until thoroughly heated. For each pita half, fill with layer of chicken strips, 2 process cheese slice halves and 1/4 cup of pepper mixture. Cover loosely, microwave on High for 30 seconds or until cheese is slightly melted. Add lettuce. Serve with sour half and half. Makes 4 pitas. Prep time: 15 minutes.

BREAKFAST CASSEROLE

Nenette Rivera

Vegetable cooking spray
¾ lb. lean ground pork
¾ tsp. dried Italian seasoning
¼ tsp. fennel seeds, crushed
2 cloves garlic, minced
1 c. skim milk
2 (8-oz.) cartons frozen egg substitute, thawed
¼ c. (1-oz.) shredded reduced-fat cheddar cheese
3 green onions, chopped
¾ tsp. dry mustard
¼ tsp. salt
¼ tsp. ground red pepper
6 (1-oz.) slices white bread, cubed

Coat a large non-stick skillet with cooking spray and place over medium heat until hot. Add pork and next 3 ingredients; cook until meat is browned, stirring to crumble. Drain thoroughly; set aside. Combine milk and next 6 ingredients in a large bowl; stir well. Add pork mixture and bread cubes, stirring just until well blended. Pour into an 11 x 7 x 2-inch baking dish coated with cooking spray. Cover and refrigerate at least 8 hours. Bake uncovered at 350° for 50 minutes or until set and lightly browned. Let stand 10 minutes before serving. Makes 6 servings. 248 calories per serving.

BREAKFAST CASSEROLE

Alix O'Donnell

16 slices English muffin bread
6 eggs (I use egg beaters)
3 c. milk
½ tsp. onion salt
½ tsp. prepared mustard
1-2 c. browned bacon or sausage
8-10 oz. grated cheddar cheese
8-10 oz. grated Swiss cheese

Line buttered casserole with bread, meat and cheese. Combine rest of ingredients and pour over. Refrigerate overnight, Bake in 9 x 13-inch glass dish 45-60 minutes at 375°.

MAKE AHEAD BREAKFAST

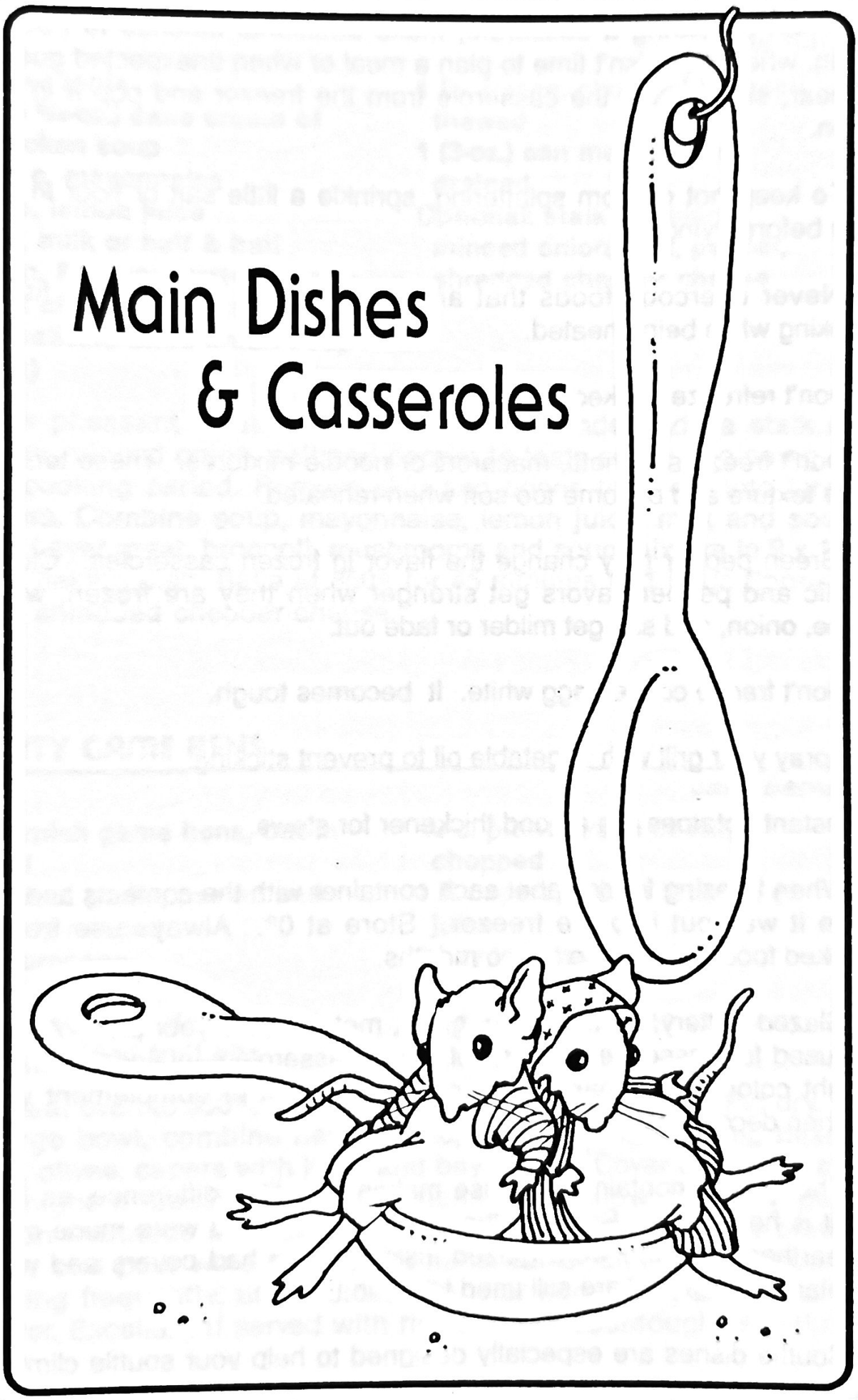
Marti Kindell

1 lb. brown & serve sausage
8 slices white bread
1 c. grated sharp cheddar cheese
4 eggs
½ tsp. salt
½ tsp. dry mustard
2 c. milk

One day before serving: fry links and cut into thirds. Spray casserole pan with Pam cooking spray. Alternate layers of bread, sausage and cheese. In a bowl, beat eggs. Add dry mustard, salt and milk. Pour over layers in casserole. Cover and refrigerate overnight. Bake the next day at 325° for 45 minutes. Serve immediately. Serves 4-6, may increase by adding eggs. For every additional egg add 2 slices of bread, ¼ cup cheese and ¼ cup milk.

Main Dishes
& Casseroles

Main Dishes & Casseroles



Helpful Hints

• When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.

• To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.

• Never overcook foods that are to be frozen. Foods will finish cooking while being heated.

• Don't refreeze cooked thawed foods.

• Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.

• Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.

• Don't freeze cooked egg white. It becomes tough.

• Spray your grill with vegetable oil to prevent sticking.

• Instant potatoes are a good thickener for stews.

• When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.

• Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.

• The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.

• Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

PHEASANT BAKE

Donna Haigh

2 pheasants
2 (10 3/4-oz.) cans cream of chicken soup
1 1/4 c. mayonnaise
2 tsp. lemon juice
3/4 c. milk or half & half
1 pkg. Produce Partners broccoli cheddar soup mix (may substitute dried onion soup mix)
1 lb. frozen, chopped broccoli, thawed
1 (3-oz.) can mushrooms, drained
Optional: stalk of celery, minced onion, salt, pepper, shredded cheddar cheese

Cook pheasant in simmering water until tender. Add a stalk of celery, minced onion, salt and pepper to taste at the beginning of the cooking period. Remove skin and bones then cut into large pieces. Combine soup, mayonnaise, lemon juice, milk and soup mix. Layer meat, broccoli, mushrooms and soup mixture in 9 x 13-inch baking dish. Bake at 350° for 45 minutes to 1 hour. Sprinkle with shredded cheddar cheese.

FRUITY GAME HENS

Jane Barnes

2 cornish game hens, cut in half
2 cloved garlic, peeled and finely minced
1 T. oregano
1/8 c. olive oil
1/8 c. red wine vinegar
1/2 pkg. dried fruit bits
1/4 c. pitted green olives, chopped
1 T. capers, plus a little bit of juice
2 bay leaves
1/2 c. brown sugar
1/2 c. dry white wine or sherry

Preheat oven to 350°. Clean hens well under cold water. Pat dry. In a large bowl, combine hens, garlic, oregano, vinegar, oil, mixed fruit, olives, capers with juice and bay leaves. Cover and marinate overnight if possible. Arrange hens in shallow roasting pan. Spoon marinade over the hens. Sprinkle generously with brown sugar and pour wine around the hens. Bake for 1 to 1 1/2 hours, basting frequently, until golden. Transfer hens, fruit and juice to platter. Excellent if served with rice and hot sourdough bread!

TURKEY WITH FRUIT

Nenette Rivera

1 (bone-in) turkey breast half, 2 1/2 to 3 lbs.
1 lb. (2 c.) dried peaches, apricots, prunes or figs, pitted
1 c. regular strength chicken broth
1 c. fresh or frozen cranberries
1 T. firmly packed brown sugar

Trim any fat off turkey and discard. Rinse breast and pat dry. Lay skin up in a 9 x 13-inch pan; surround with dried fruit and pour broth over fruit. Tightly cover pan with foil. Bake in 400° oven until a thermometer in center of thickest part of breast reaches 170°, about 1 hour. When breast has cooked 40 minutes, uncover and add cranberries to the pan. Baste with the juices in pan 2-3 times during cooking. Lift breast onto a platter with a slotted spoon. Arrange fruit around meat. Add brown sugar to pan juices and boil over medium heat until sauce clings to back of spoon. Spoon over turkey and fruit. Makes 6 servings. Calories per serving: 501.

GINGERED PORK

Bertha Hanson

2 1/2 lbs. lean loin of pork, cut into 1-inch pieces
2/3 c. soy sauce
6 T. chicken broth
2 T. sherry
2 T. fresh gingerroot, minced and pared
1 tsp. sugar
4 (1-inch) pieces fresh gingerroot, pared and cut into diagonal slices
1 tsp. peanut oil

Marinate pork in mixture of soy sauce, broth, sherry, minced gingerroot and sugar, turning occasionally to coat, 20-30 minutes. Saute gingerroot slices in oil in small skillet over medium heat for 30 seconds, turning once. Place in small bowl. Grill over coals, alternating ginger with pork cubes on skewers. Allow 20-25 minutes, turning a quarter turn every 5-6 minutes.

LEMON AND HERB TURKEY BREAST

Cheryl McDaniel

1/4 c. lemon juice
2 T. olive oil
1 tsp. finely chopped garlic
1 tsp. Dijon-style mustard
1 tsp. dried leaf sage
1/2 tsp. dried leaf marjoram
1/2 tsp. salt
1/2 tsp. pepper
1 boneless turkey breast half (2-lbs.)

Combine lemon juice, olive oil, garlic, mustard, sage, marjoram, salt and pepper in gallon-size plastic food storage bag. Add tur-

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key. Refrigerate 24 hours, turning bag occasionally. Fold piece of heavy-duty aluminum foil in half, dull-side out, to form 18-square. Place turkey in middle of square, drizzle marinade over. Fold foil over and seal tightly all around. Prepare grill so coals are medium hot. Push coals to 2 sided of grill; add few more briquettes or charcoal to each side to assure enough coals for full cooking. Grill packet 5-6 inches over medium-hot coals in covered grill for 25 minutes, turn over after 15 minutes. Remove packet from grill. Remove turkey from packet, reserving juices in packet for basting. Place turkey directly on grill, basting with reserved juices and turning over 20-30 minutes longer or until cooked through (instant read thermometer in thickest part should read 170°). Remove from grill, let stand 5 minutes. Slice.

ROUND BEEF WELLINGTON

Donna Haigh

2 strips eye round steak, 1/12 to 2 lbs. each
1/4 c. softened butter
1 tsp. seasoned tenderizer
1 (4-oz.) can chopped mushrooms, drained
2 (4 3/4-oz.) cans liver pate
1/2 tsp. rosemary
2 (10-oz.) pkgs. frozen puff-pastry, defrosted
1 egg
1 tsp. milk

Spread 2 strips of beef with 1/4 cup butter. Prick beef with fork at 1/2-inch intervals. Sprinkle with tenderizer. Roast in oven at 450° for 40 minutes, then cool. Combine mushrooms, liver pate and rosemary. Spread over entire surface of one strip of beef. Top with second strip. Roll out frozen pastry shells, making one long piece of pastry (or use crescent rolls and press edges together to form 1 piece). Wrap around beef. Trim edges and moisten to seal. Brush crust with egg and milk beaten together. Prick crust with fork. Bake at 425° for 25 minutes.

OVEN BEEF BURGUNDY

Carolyn Cook-Ewing

2 lbs. round steak, cut into 1 1/2-inch cubes
1 T. Kitchen Bouquet
1/4 c. flour
4 carrots, quartered
2 c. onions, sliced thinly
1 c. celery, sliced thinly
2 tsp. salt
1/8 tsp. pepper
1/8 tsp. marjoram
1/8 tsp. thyme
1 c. burgundy or dry red wine
1 (6-oz.) can mushrooms

Preheat oven to 325°. Place meat in a 2 1/2-quart casserole dish and toss lightly with Kitchen Bouquet. Sprinkle flour over meat. Add remaining ingredients and mix gently. Cover and bake 2 1/2-3 hours, stirring every 30 minutes. Serve over rice or noodles. Serve 4-6.

STEAK CHASSEUR A LA BELCARO

Donna Haigh

1 lb. sirloin steak
2 c. wide noodles
1/4 c. butter
1 (10 1/2-oz.) can vegetable beef soup
3 T. half & half
3 T. dairy sour cream
Dash Worcestershire sauce
1/4 c. port wine

Cook steak to desired doneness and cut into 1-inch cubes. Cook noodles; drain. Melt butter, add soup and cook few minutes. Add steak and cook few minutes. Next add half & half and sour cream then the noodles, Worcestershire sauce and wine. Heat to serving temperature.

SAUCY STEAK SKILLET

Lynne Sitarsky

1 lb. beef boneless round steak, cut into 1-inch cubes
3/4 c. flour
1 T. oil
1 lg. onion, chopped
1 (16-oz.) can whole potatoes, drained, liquid reserved
1/4 c. ketchup
1 T. Worcestershire sauce
2 tsp. bell pepper, chopped
1 tsp. instant beef bouillon
1 tsp. salt
1/2 tsp. dried marjoram
1/4 tsp. pepper
1 (10-oz.) pkg. frozen Italian green beans
1 (2-oz.) jar sliced pimentos, drained

Coat beef cubes with flour; pound into beef. Brown beef in oil in skillet over medium heat. Remove beef from pan; saute onion in remaining oil until tender. Drain. Add enough water to reserved potato liquid to measure 1 cup. Combine potato liquid with ketchup, Worcestershire sauce, green pepper, bouillon, salt, marjoram and pepper. Pour over beef and onion. Heat to boiling then lower heat. Cover and simmer until beef is tender, about 1 1/2 hours. Rinse frozen beans to separate. Add potatoes, beans and pimento. Cover and simmer 15 minutes. Serve.

MIRABEAU BEEF

Donna Haigh

(Mirabeau is the classic name of the checkerboard garnish of anchovies and stuffed olives.)

1 (3-lb.) bottom round steak, 1-inch thick
1 1/2 tsp. seasoned meat tenderizer
2 T. melted butter
2 (2-oz.) cans anchovy fillets
8 lg. pimento-stuffed olives
1/4 lb. mushroom caps
Watercress sprigs or other greens

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Pierce steak with fork at 1 inch intervals and sprinkle with tenderizer. Spread butter over entire surface. Roast at 400° for 40 minutes. Remove from oven and place anchovy fillets in lattice fashion over the top of steak. Put slices of pimento-stuffed olives into the squares, Garnish with watercress, additional olives and mushroom caps sauteed in butter. Serve.

MINUTE STEAK MEXICANA

Cheryl McDaniel

2 eggs
1/4 c. milk
1 tsp. cooking oil
3/4 c. all-purpose flour
4 beef cubed steaks
3 T. cooking oil
1/2 c. chopped onion
1/2 c. green pepper
1 T. butter or margarine
1 (10-oz.) can tomatoes and green chili peppers
1 c. cubed American cheese

Combine eggs, milk and the 1 teaspoon oil. Stir together flour, 1/4 teaspoon salt and 1 teaspoon pepper. Dip meat in flour mixture, egg mixture, then in flour mixture again. Heat the 3 tablespoons cooking oil in large skillet. Add meat; cook over medium heat 8-10 minutes on each side. Remove to platter, keep warm. Cook the 1/2 cup onion, green pepper and 1/4 teaspoon pepper in 1 tablespoon butter or margarine until tender. Add undrained tomatoes. Heat through. Stir in cheese until melted. Pour over steaks. Garnish with green onions.

AL ZEMKO'S CORNED BEEF AND CABBAGE

Maxine Zemko

Get a piece of bottom round corned beef (**Not** brisket, which is all fat and strings), about 10-12 pounds; available at the meat market behind the pig at the Pike Place Market, but you will have to order in advance. Beware the expense - this ain't no economy recipe. Soak meat overnight in cold water. Throw out water. In large kettle, cover meat with cold water, bring to a boil. Remove meat, throw out water. These 2 steps remove most of the brine. In new cold water, bring meat to a boil. Lay out about a 6-inch square of cheesecloth and put in:

1 bay leaf per lb. of meat
2 cloves per lb.
2 peppercorns per lb.
1/2 clove garlic per lb.
1/2 tsp. celery seed per 5 lbs. of meat

Tie up with string into little bag, suspend in kettle during cooking. Boil 4 hours, then add vegetables, proceeding thusly: carrots, simmer 30 minutes; onion, simmer 20 minutes; potatoes, simmer 15 minutes; cabbage, simmer 15 minutes. This procedure allows for the different cooking times of the various vegetables. Reel in

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spice bag, slice meat, drain vegetables and serve. My dad got this recipe during World War II from George McManus, the creator of the old comic strip **Bringing Up Father**, also called **Maggie And Jiggs**. Daddy made some improvements - but then, that's how a lowly Coast Guard galley cook ended up being chef for the Officer's Mess on troop transports across the Atlantic - with time off cooking to shoot at Nazi submarines.

CHICKEN TARRAGON

Mary Scott

4-6 chicken breasts
Paprika
Salt
Pepper
1/2 c. butter
1 pkg. frozen artichoke hearts
1 lb. fresh mushrooms, sliced
1 T. tarragon
3 T. flour
1/3 c. sherry
1 1/2 c. chicken bouillon

Cut chicken breasts in half and generously sprinkle with paprika, then sprinkle with salt and pepper. Melt butter in skillet and brown chicken breasts. Place chicken in large casserole dish. Arrange artichokes around chicken. Saute mushrooms in remaining butter for 5 minutes along with tarragon. Sprinkle flour over mushrooms, then sherry and bouillon. Simmer 5 minutes, stirring gently. Pour sauce over chicken and artichokes. Cover and bake at 375° for 45 minutes. Serves 4.

LIME CHICKEN

Becky Walsh

1 1/2 c. uncooked white rice or basmati
1 1/2 c. chicken broth
1 1/4 lbs. chicken breasts, boned and skinned
1/4 c. flour
1 tsp. salt
1/4 tsp. pepper
6 T. butter
2 T. honey
1 lg. clove garlic, sliced
4 lime slices, thin, 2 cut in half
1/2 c. dry white wine
1 (9-oz.) pkg. frozen Chinese pea pods
For garnish: canned roasted red peppers, drained and diced

Cook rice, using chicken broth instead of water. Coat chicken with a mixture of flour, salt and pepper. In a large skillet, melt 4 tablespoons butter with the honey, garlic and 2 whole lime slices. Add chicken; cook over medium heat until golden brown, about 5 minutes, turning once. Add remaining 2 tablespoons butter and the wine. Bring to a boil, add pea pods. Reduce heat, cover and simmer 2 minutes or until pea pods are crisp-tender. Garnish with halved lime slices and red pepper. Serve over rice.

CHICKEN HAWAIIAN

Nenette Rivera

1/4 c. cooking oil
1 (8 1/2-oz.) crushed pineapple, lightly drained
1/4 c. lemon juice
1/4 c. corn syrup
2 T. soy sauce
1 tsp. salt (if desired)
1/4 tsp. pepper
1/4 tsp. ginger
8-10 chicken legs (fryers)

Combine everything except chicken. Arrange chicken, skin side down. Brush with pineapple mixture and bake at 375°, brushing frequently with marinade until tender. Place under broiler until browned.

MARGARITA CHICKEN

Nenette Rivera

4 boneless chicken breasts, halved and skinned
2 T. corn oil
2 T. lime juice
1 tsp. honey
1 c. finely chopped tortilla chips
1 (14 1/2-oz.) can Mexican-style stewed tomatoes
2 T. chopped cilantro
1/3 c. Jack cheese, grated
Cilantro sprigs and lime wedges

Brush chicken with a mixture of the oil, lime juice and honey. Roll chicken in the tortilla crumbs to coat. Place in baking dish. Bake at 350° for 25 minutes. Puree tomatoes and cilantro. Remove chicken from oven, pour on puree, top with cheese. Return to oven until cheese melts. Garnish with cilantro and limes. Serves 4.

CHICKEN BROCCOLI VEGETABLE SAUTE

Nenette Rivera

2 T. margarine, divided
4 skinless, boneless chicken breast halves (about 1 lb.)
1 c. cut up broccoli
1/2 c. thinly sliced carrots
1 c. sliced mushrooms
1 (10-oz.) can cream of broccoli soup
1/3 c. milk
1/8 tsp. pepper

In skillet over medium heat, in 1 tablespoon hot margarine, cook chicken 10 minutes or until browned on both sides. Remove chicken; keep warm. In same skillet, in remaining margarine, cook broccoli, carrots and mushrooms 5 minutes, stirring often. Stir in soup, milk and pepper. Heat to boiling. Return chicken to skillet. Reduce heat to low; simmer 5 minutes or until chicken is fork tender. Garnish with lemon slices. Makes 4 servings. Prep time: 10 minutes. Cook time: 20 minutes.

CHICKEN CACCIATORE

Donna Halgh

3 1/2 lb. frying chicken or boneless breasts
2 tsp. olive oil
1 tsp. salt
1 T. oregano
1/8 tsp. pepper
1 clove garlic
1/4 tsp. thyme
1 (4-oz.) can mushrooms
1 green pepper, diced
1 (#303) can stewed tomatoes
2 med. onions, diced

Brown chicken in olive oil with whole garlic. Add green pepper, onions, spices and mushrooms. Saute lightly. Remove garlic clove. Add tomatoes, cover. Simmer 30-45 minutes until sauce is desired consistency. Serve with noodles or rice.

BAKED CHICKEN BREASTS

Bertha Hanson

14 halves breast of chicken, boned
5 oz. dried beef
14 strips bacon
Cracked pepper
1 pt. sour cream
2 cans mushroom soup

Roll chicken breasts and wrap each roll with 2 slices dried beef and 1 strip of bacon. Fasten with toothpick. Lay rolled breasts in large flat casserole dish 1 layer deep. Season with cracked pepper, but **No** salt. Mix sour cream with mushroom soup and pour over chicken. Bake at 250° for 3-4 hours. May be prepared ahead of time and refrigerated until time to bake.

CHICKEN MARENGO

Cindi Knight

8 chicken breasts or thighs
1 med. onion, sliced
1/3 c. olive oil
1/2 c. white wine
3 cloves garlic, pressed
1/2 tsp. thyme
2 tsp. parsley
1 1/2 c. chicken stock
2 c. tomatoes
1 lb. mushrooms. sliced
Lemon juice

Saute onion in olive oil; remove onion from skillet. Brown chicken in remaining oil; add additional ingredients except for mushrooms. Cover and simmer for 1 hour. Saute mushrooms in 3 tablespoons butter, add lemon juice to taste. Pour over chicken and heat until warm. Serve with rice and noodles.

CHICKEN CURRY

Pattl Wickham

1 whole chicken, boiled or baked, meat shredded
2 c. chicken stock, boullion added for flavor
1 sm. onion, minced
3-4 stalks celery, chopped
1 (4-oz.) can mushrooms, drained and chopped
1/4 c. butter
2 T. flour
2 cloves garlic
Curry powder
Optional: curry powder, poultry seasoning, salt and ginger

Melt butter in deep pot. Saute onions, celery and garlic. Add chicken stock and flour, stirring well. Heat to boiling. Add chicken meat, mushrooms and spices. Thicken if necessary with cornstarch and water mix. Serve over steamed, cooked rice. Garnish with: almond slices, roasted sunflower seeds, chopped boiled eggs, chopped green onions, radishes or raisins.

CHICKEN DIJONNAISE

Shirley Storch-Sherman

1/4 c. oil
4 (6-oz.) chicken breasts, boned
1/2 c. mushrooms, sliced
2 cloves garlic
1/2 c. yellow onion, thinly sliced
4 artichoke hearts
2 oz. Dijon mustard
3/4 c. white wine
1/2 c. heavy cream
Chopped parsley

Heat oil in saute skillet. Lightly dredge chicken in flour. Lightly brown chicken in butter for 2-3 minutes. When turning chicken, add onion, mushrooms, garlic and artichoke hearts. Stir gently to prevent garlic from sticking to pan. Add mustard and wine. Continue to stir gently; let liquid reduce by half. As chicken cooks, add cream. Blend well and cook 3-4 minutes to obtain a creamy consistency. Remove chicken to serving platter. Spoon sauce over the breasts, sprinkle with parsley. Optional: May place chicken in oven at 375° and cook until bubbly after adding the cream.

SPICY PEANUT CHICKEN

Christina Long

1 lb. boneless chicken, cut in 1-inch cubes
1 T. cooking oil, more as needed
2 c. thinly sliced onion
3 cloves garlic, minced
1 lb. broccoli, cut up
1 tsp. ginger
2 T. soy sauce
1 c. coarsely chopped unsalted peanuts

Sauce:

1/2 c. peanut butter
1/2 c. hot water
1/4 c. apple cider vinegar
2 T. soy sauce
2 T. dark molasses
1/4 to 1/2 tsp. cayenne, to taste
Steamed rice

Combine sauce mixture. Whisk until smooth, set aside. In a wok or large fry pan, heat the oil over high heat. Saute the chicken quickly, until just browned. Remove and set aside. Add a little more oil to the wok, if necessary and again heat over high heat. Add the onions and garlic and brown quickly. Remove and set aside. Repeat the process with the broccoli. When the broccoli is crisp-tender, return the chicken and onions to the wok. Add the ginger, soy and peanuts and quickly stir-fry for a few minutes. Add the sauce and heat through, stirring constantly. Serve over steamed rice.

HUNGARIAN CHICKEN PAPRIKA

Shirley Storch-Sherman

1 T. oil or butter
1 lg. onion, chopped
1-3 T. paprika
6-8 pieces of chicken, skinned
Salt
1 carrot, sliced
1 c. sliced mushrooms
3 T. flour
1/2-1 c. sour cream

Saute onion in oil. Add paprika, chicken, salt, 1 cup water. carrot and mushrooms. Simmer for 1 hour. In a bowl, mix flour thinned with 2 cups water; add sour cream. Add this mixture to the chicken. Bring to a boil. Serve with rice or noodles.

KUNG PAO CHICKEN

Christina Long

1 lb. boneless chicken, cut into 1/2-inch cubes
1 egg white
1 T. cornstarch
2 T. cooking oil
1/2 c. unsalted peanuts
8-10 whole dried red peppers
4 green onions, sliced into 1-inch lengths
1 tsp. minced garlic

Sauce:

1 tsp. chili paste with garlic
3 T. soy sauce
2 T. sherry
1 1/2 tsp. red wine vinegar
1/2 tsp. sugar
1/2 c. chicken broth
1/2 tsp. sesame oil
1 T. cornstarch

Combine sauce ingredients, set aside. In a small bowl, combine egg white and cornstarch. Add the chicken and mix well by hand. Heat the oil in a wok over high heat. Stir-fry the chicken, a few pieces at a time, until just brown (not fully cooked). Remove chicken as it is cooked. When all the chicken is cooked, reheat the oil and add the peanuts, green onions and garlic. Stir-fry quickly for 30-60 seconds. Return the chicken to the wok and stir-fry an additional 60 seconds. Add the sauce and stir-fry until thoroughly heated and thickened. Serve with steamed rice. **Note:** The red pepper adds flavor, but are not to be eaten, they are too **Hot!** Serves 4.

MOM'S MARINATED CHICKEN

Mary Scott

1 c. oil
1/4 c. soy sauce
Juice of 1 lemon
Salt
1/4 tsp. pepper
1 T. oregano
12 chicken pieces

Mix oil, soy sauce, lemon juice, salt, pepper and oregano. Add chicken pieces and allow to marinate 6 hours or overnight. Turn chicken occasionally. Barbecue until done.

DIJON CHICKEN BREASTS

Christina Long

2 whole chicken breasts, bone in, split
3 T. butter
2 T. Dijon mustard
5-6 T. dry white wine, divided
1/8-1/4 tsp. cayenne
1/4 c. bread crumbs
3 T. chopped parsley

Preheat oven to 450°. Split chicken breasts in half to make four pieces. Salt and pepper to taste. Melt the butter in a glass baking dish. Add the chicken breasts, turning to coat with the butter.

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Bake, skin side up, for 10 minutes. Turn and bake another 10 minutes. While chicken is baking, combine the mustard with 2 tablespoons of wine and cayenne to taste. Prepare the bread crumbs by whirring 2-3 slices of French bread in food processor or blender. Mix the bread crumbs with the parsley. Baste the chicken with butter, then with 1/2 the mustard mixture. Sprinkle with bread crumb mixture. Bake for 10 minutes. Turn chicken, skin side up and repeat the basting with butter, mustard and bread crumbs. Bake for 10 more minutes. Remove chicken to a warm platter. Add the remaining wine to the baking dish and stir quickly to loosen the brown bits on the bottom of the pan. Add additional parsley if desired. Spoon the sauce over the chicken and serve. Serves 4.

SESAME CHICKEN IMPERIALS

Bertha Hanson

5-6 lb. frying chicken, cut into pieces
1 1/2 c. crushed soda crackers
1 1/2 c. Parmesan cheese, grated
1/4 c. chopped parsley
1/4 c. onion, chopped
1 T. salt
1/2 tsp. pepper
1/2 -3/4 c. butter
Sesame seeds
Poppy seeds
Celery seeds

Preheat oven to 375°. Rinse and dry chicken. Roll crackers until crushed, measure. Strip parsley with scissors. Mix crackers, parsley, onions, salt and pepper in a bowl. Melt 1 cup butter. Dip chicken in butter then roll in cracker mixture. Place chicken pieces on aluminum foil covered baking tray. Sprinkle chicken with seeds, either mixed or separated. Drizzle with remaining butter. Bake 1 to 1 1/4 hours or until browned. May serve hot, cold or at room temperature.

ROSEMARY CHICKEN

Shirley Storch-Sherman

1 lb. red potatoes
4 T. virgin olive oil
1/2 tsp. kosher salt
1 c. canned tomatoes, chopped
1/4 tsp. cracked pepper
5 T. unsalted butter
4 double breasts of chicken, skin on
4 lg. onions, peeled, halved and sliced lengthwise
1 tsp. fresh rosemary
1/4 c. fresh Italian parsley, chopped
2 scallions, cut thinly on a diagonal

Cut each potato into 6 lengthwise wedges. Toss potatoes with 3 tablespoons oil, salt, 1/2 cup tomatoes, onions and pepper in a large baking dish. Roast potatoes until tender, 30 minutes at 500°,

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stirring occasionally. Melt 1 tablespoon butter and 1 tablespoon oil in a large cast-iron skillet. Brown chicken pieces, 2 at a time, over high heat. Remove to a warm platter. Cover cooked potatoes with onion and chicken breasts. Sprinkle with remaining salt. Top chicken with remaining tomatoes, butter and rosemary. Roast 15 minutes at 550° or until chicken is fully cooked. Remove from oven and allow chicken to rest 5 minutes prior to serving. Garnish with parsley and scallion.

CHICKEN AMOUR (Or Chicken of Love)

Shirley Storch-Sherman

4 boneless/skinless chicken breasts (or thighs)
Flour (season with poultry seasoning, salt and pepper)
Olive oil
2 minced garlic cloves
Chopped parsley
1 c. white wine
Dash Tabasco
1 c. sliced mushrooms
7 oz. roasted peppers (can buy in jar where pickles are found) or pimentos
I also cut up some sun-dried tomatoes and add them

Dip chicken pieces in seasoned flour and brown in oil. Add all other ingredients and simmer 35 minutes in a covered pan. Serve with noodles or rice. I made this dish the day before and reheated, covered in a 350° oven for about 30 minutes.

ROSEMARY CHICKEN BREASTS

Christina Long

2 whole chicken breasts, bone in, split
1 lemon
4 sprigs fresh rosemary
3 cloves garlic, whole
Salt and freshly ground pepper
4 T. butter
2 T. vermouth or dry white wine

Preheat the oven to 450°. Place 2 tablespoons butter in shallow baking dish and heat in oven until melted. Arrange the sprigs of rosemary in the baking dish, placing 2 cloves of garlic with each sprig. Rub the chicken breasts with the cut lemon and salt and pepper to taste. Place each piece of chicken in its own rosemary-garlic bed. Melt the remaining 2 tablespoons butter with the vermouth and add some finely chopped rosemary. Pour the sauce over the chicken. Bake 25-30 minutes until the chicken is browned, basting with the pan juices once or twice. Remove the chicken to a warm platter and discard the rosemary and garlic. Serve with rice pilaf. Serves 4.

CRAB-STUFFED HALIBUT

Cindi Knight

4 halibut fillets
6 T. melted butter
2/3 c. bread crumbs
3 c. cooked crab
3 T. chopped celery
2 T. chopped green pepper
4 T. chopped onion
2 T. oregano

Slit each fillet in the center to create a pocket. Melt butter, mix with bread crumbs and crab meat. Add additional ingredients and mix well. Stuff fish pockets with the crab mixture. Place in a well-buttered baking dish. Bake at 350° for 1 hour.

TRUDY'S HEBREW HOLIDAY LEMON SALMON POACH

Shirley Storch-Sherman

6 salmon fillet pieces
Salt and pepper to taste
2 T. fresh lemon juice
4 eggs
1/2 c. rice flour

Poach salmon in water (covered) until tender but not completely done; it will complete cooking later. Remove salmon from water. Mix salt, pepper and lemon juice to poaching water. Whip eggs, adding 1 tablespoon of hot lemon water at a time, until egg mixture is warm. Put egg mixture into remaining lemon water. Whisk the liquid to prevent curdling. Mix rice flour with 1 cup water and whisk into lemon-egg mixture. Place over low heat, add salmon and watch closely; gently stir until thickened. Serve warm or cold.

GEORGIA-PECAN FISH

Alix O'Donnell

1/4 c. mayonnaise
3/4 tsp. lemon-pepper seasoning
1/2 tsp. tarragon leaves, crushed
2 (4-oz.) true cod fillets
1/4 c. chopped pecans

Blend mayonnaise, lemon-pepper seasoning and tarragon. Spread over fillets. Press pecans onto fish. Bake at 425° for 15-20 minutes.

MUSSELS IN WHITE WINE

Christina Long

3 lbs. mussels, thoroughly cleaned
1/4 c. butter, divided
1 sm. yellow onion, chopped
1 clove garlic, minced
1 c. dry white wine
1/2 c. parsley, chopped
Salt & pepper to taste

Heat 2 tablespoons butter in large soup pot or Dutch oven. Saute the onion and garlic until soft, not browned. Add the wine and

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parsley and bring to a boil. Add the mussels, cover and cook until the mussels open, about 5 minutes. Remove the mussels to a large bowl; discard any mussels that have not opened. Bring the wine mixture again to a boil and reduce by half. Add the remaining 2 tablespoons butter, salt and freshly ground pepper. Pour over the mussels. Serve with crusty French bread (wonderful dipped in sauce!). Serves 4-6.

BAKED SALMON

Lynne Sitarsky

Salmon fillets
Miracle Whip
Sliced onions
Green peppers
Crushed cayenne
Salt & pepper

Place salmon fillets in foil lined baking dish. Spread Miracle Whip over fillets. Layer sliced onions, green peppers, cayenne, salt and pepper. Seal in foil. Bake until done, 30 minutes in oven, 45 minutes on barbecue or campfire.

CRAB SOUFFLE

Alix O'Donnell

3 pieces buttered bread, torn into pieces
3 eggs, beaten
2 c. milk
1/2 lb. cheddar cheese
Salt & pepper to taste
1 c. crab, fresh or canned

Place bread in buttered casserole dish. Mix the rest of the ingredients and pour over the bread. Place the casserole dish into a pie pan that is 1/2 full of water. Bake casserole at 350° for 1 hour. **Microwave** - Decrease milk to 1 1/2 cup. Bake for 30 minutes on power level 8, turning 2-3 times during the cooking time.

OVEN POACHED LINGCOD

Nenette Rivera

2 med. onions, sliced
8 c. water
2 lbs. lingcod fillets, about 1-inch thick
3 lg. leeks (about 1 lb. total)
1 T. olive oil
12 whole black peppercorns
4 whole allspice
1/3 c. lemon juice
2 bay leaves
1 c. dry white wine

In a 4-quart pan. combine onions, peppercorns, allspice, juice, bay leaves, wine and water. Bring to a boil; reduce heat, cover and simmer for 20 minutes. Strain, then return liquid to pan, Place fish in single layer in greased 9-inch baking dish. Bring strained liquid to boil, pour over fish (liquid should just cover the fish; if neces-

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sary, add equal parts of hot water and wine to cover). Cover and bake in 425° oven until fish is opaque; cut in thickest part to test (about 6 minutes). Lift fish from dish, drain, place in serving dish; keep warm. Reserve 1/2 cup of the liquid. Trim and discard all but 3 inches of green tops from the leeks; split leeks lengthwise, rinse well and slice thinly. Heat oil in 12-inch frying pan over medium heat; add leeks and cook, stirring occasionally, until soft (about 10 minutes). Add reserved 1/2 cup liquid; bring to a boil; season to taste with salt and pepper. Pour sauce over fish. Makes 6 servings. Suggested alternates: Halibut, orange roughy. Calories per serving: 183.

SWORDFISH STEAKS AND SALSA

Nenette Rivera

4 swordfish steaks (about 2 lbs. total)
1 T. salad oil
2 cloves garlic, minced or pressed
1 jalapeno or other small hot chile, stemmed, seeded and minced
5 firm-ripe, pear-shaped tomatoes, seeded and diced
1/2 c. packed fresh cilantro leaves, chopped
8 warm tortillas

Rinse fish and pat dry. Heat oil in a wide non-stick frying pan over medium-high heat. Add fish and cook, turning once, until well-browned and just opaque in center when cut (about 7 minutes total). Transfer to a warm serving platter; keep warm. Add garlic and chile to pan, stirring until fragrant (about 30 seconds). Add tomatoes and cilantro and cook, stirring until hot (about 2 minutes). Spoon over fish. Serve with tortillas. Makes 4 servings. Suggested alternatives: Shark. Calories per serving: 452.

SALMON WITH MUSTARD SAUCE

Nenette Rivera

4 (4-oz.) salmon steaks (1/2-inch thick)
1 T. lemon juice
1/4 c. Dijon mustard
3 T. honey
2 T. plain non-fat yogurt
Green onion fan (optional)

Brush salmon steaks with lemon juice. Arrange salmon steaks in an 8-inch square baking pan with thickest portions toward outside of dish. Cover with heavy-duty plastic wrap and microwave at High 4 minutes. Turn salmon over; cover and microwave at High 2-4 minutes or until fish flakes easily when tested with a fork. Transfer salmon to a serving platter using a slotted spoon; set aside and keep warm. Combine mustard, honey and yogurt in a 2-cup glass measure. Microwave at High 1 minute or until hot. Spoon saute

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sauce over salmon. Garnish each serving with a green onion fan, if desired. 4 servings. Calories per serving: 203.

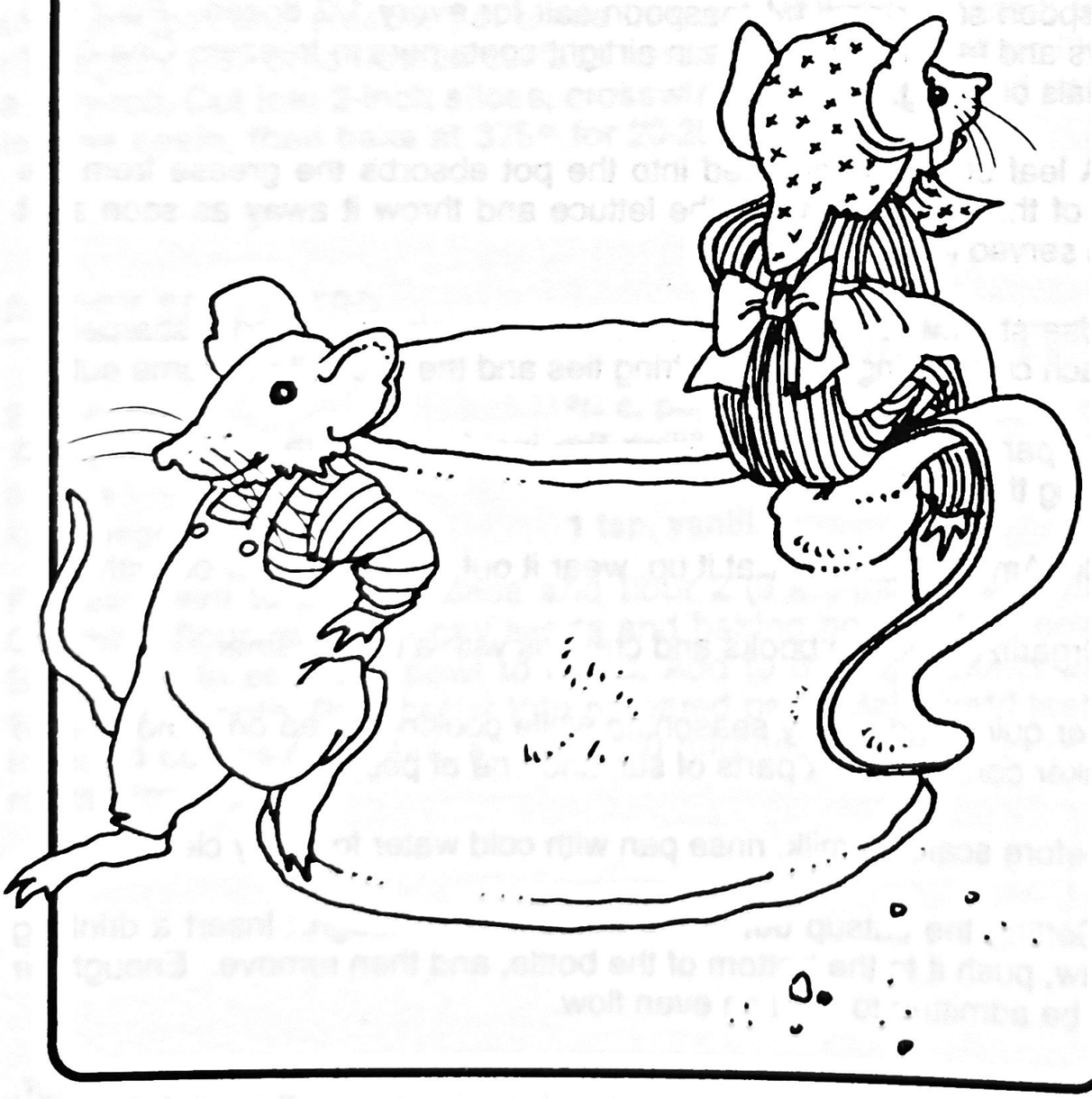
PACIFIC NORTHWEST SCALLOPS ITALIAN

Shirley Storch-Sherman

Juice of half lemon
6 oz. butter
1 1/2 lb. fresh Oregon scallops
Flour
2 c. mushrooms, sliced
2 tsp. shallots, minced
4 dashes Tabasco
Salt & white pepper to taste
2 tsp. garlic, minced
Fresh parsley
6 oz. fish stock/clam juice
3/4 c. fresh diced tomatoes
1/2 c. green onions
Seasoned bread crumbs
Fresh grated Parmesan cheese

Heat butter in skillet. Dredge scallops in flour, place in heated butter along with mushrooms, shallots, lemon juice, tabasco, salt and pepper. When scallops are heated on one side, turn and add garlic, parsley and fish stock. Allow to blend for a moment. Add tomatoes and green onions. Remove to individual casserole dishes. Sprinkle evenly with bread crumbs and Parmesan cheese. Place under broiler on top rack, for 5-6 minutes until brown.

Breads & Rolls



Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

- To freshen your dishwasher, run it on rinse with some baking soda.

- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.

- Egg whites need to be room temperature for greater volume when whipped.

- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.

- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

- Organize coloring books and crayons with a dish drainer.

- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

- Before scalding milk, rinse pan with cold water for easy clean up.

- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.

- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

CINNAMON ROLLS

Cindi Knight

1 cake yeast
1 c. warm water
6 c. flour
1 c. scalded milk
2 eggs, beaten
1/2 c. melted butter

Filling:

1/2 c. brown sugar
1/2 c. butter
2 tsp. cinnamon
1 c. chopped walnuts

Add yeast to warm water. Pour half the scalded milk over salt and 1 tablespoon sugar. Cool to lukewarm, then add dissolved yeast. Stir in half the flour, beating until dough is smooth. Place in greased bowl, cover with a towel, let rise until doubled in bulk. Punch down dough. Mix remaining lukewarm milk with sugar, eggs and melted butter; add to dough. Stir in other half of flour. Allow to rest 5-10 minutes. Turn dough onto floured surface, knead until smooth and elastic. Set aside in greased bowl, covered; let rise again. Roll onto floured surface spread with filling, roll up like a jelly-roll. Cut into 2-inch slices, crosswise. Place in greased pan, let rise again, then bake at 375° for 20-25 minutes.

POPPY SEED BREAD

Carolyn Cook-Ewing

2 1/4 c. flour
1 1/2 c. sugar
3 eggs
3/4 c. vegetable oil
3/4 c. poppy seeds
1 T. baking powder
1 1/4 c. milk
1 tsp. vanilla

Preheat oven to 350°. Grease and flour 2 (9 x 5-inch) loaf pans. Combine flour, sugar, poppy seeds and baking powder in a bowl. Beat eggs in separate bowl to blend. Add to dry ingredients and stir until smooth. Pour batter into prepared pans. Bake until tester inserted comes out clean, about 50-60 minutes. Serve warm or at room temperature.

BETTER THAN BRAN MUFFINS

Mary Scott

1/2 c. oil
1 c. brown sugar
1 egg
2 T. molasses
1/2 c. flour
1/2 c. wheat germ
1/4 c. sesame seeds
1 tsp. baking soda
1/2 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. ground cloves
1 1/2 c. bran (oat bran makes soft muffins, wheat bran makes crunchy-edged muffins)
3/4 c. raisins
1 c. buttermilk

Beat first 4 ingredients together well. Add remaining ingredients and beat. Pour batter into paper muffin cups. Bake at 400° for 20-25 minutes. Makes 12 muffins.

POPOVERS

Shirley Storch-Sherman

6 eggs
2 c. milk
2 c. flour
3/4 tsp. salt
6 T. butter

Beat eggs, add milk. Combine flour and salt. Add melted butter and mix together. Fill greased custard or popover tins. Bake at 375° for 45-60 minutes. Serves 4-8.

YOGURT PANCAKES

Jill Zeller

1 1/2 c. whole wheat flour (a portion may be white flour, if desired)
1/2 c. cornmeal
4 tsp. baking powder
1/4 tsp. salt
4 eggs
1 c. yogurt
1 c. milk

Mix the dry ingredients together, add the eggs and yogurt. Stir in milk to desired consistency. Cook until golden brown. Serve with fruit or syrup.

APPLE PUFFED PANCAKES

Shirley Storch-Sherman

6 eggs
1 1/2 c. milk
1 c. flour
3 T. sugar
1 tsp. vanilla
Pinch salt
1 tsp. cinnamon
1/4 lb. butter or margarine
2 apples, peeled, cored and thinly sliced
2-3 T. brown sugar

Mix eggs, milk, flour, sugar, vanilla, salt and cinnamon until blended. Melt butter in quiche or baking dish in the oven. Add apples to baking dish. Return to oven until butter sizzles. **Do not** let brown. Remove from oven and pour batter over apples. Sprinkle with brown sugar. Bake at 425° for 20 minutes or until puffed and brown. Serve immediately. Serves 6-8.

MACADAMIA NUT BREAD

Cindi Knight

3 1/2 c. flour
6 tsp. baking powder
1/2 tsp. baking soda
1 1/2 c. macadamia nuts, chopped
6 T. margarine
1 1/2 c. packed brown sugar
2 eggs
2 c. crushed pineapple and juice
4 T. sugar
1 tsp. cinnamon
1 tsp. nutmeg

Sift flour with baking powder and soda. Add nuts. In separate bowl, cream margarine and brown sugar. Stir in eggs. Next, add flour mixture and pineapple with juice; blend thoroughly. Divide batter into 2 (8 1/2 x 4 1/2-inch) loaf pans. Combine cinnamon, nutmeg and sugar. Sprinkle over batter. Bake 40 minutes at 350°.

BANANA BREAD

Melinda Etschied
Lynne Sitarsky
Maxine Zemko

2 c. flour
1 tsp. baking soda
2 eggs
1/2 c. oil
3/4 c. honey
1 c. sugar
3 ripe bananas, mashed
3 T. yogurt (plain or flavored) or may use buttermilk
1/2 c. slivered almonds or chopped walnuts (optional)

Beat oil and honey. Add eggs, blend well. Then stir in bananas and yogurt. Add flour and soda, blend well. Stir in nuts. Pour into a greased loaf pan. Bake 1 hour at 325°. If you add nuts, push some into the top of the batter in the pan to cover, this gives the bread a nutty crust.

BRAN MUFFINS

Allx O'Donnell

2 c. boiling water
5 rounded tsp. baking soda
1 c. shortening
2 c. sugar
4 eggs
5 c. flour
1 c. chopped nuts
4 c. all bran cereal
1 c. chopped dates
1 c. chopped raisins
2 c. 40% Bran Flakes cereal
1 qt. buttermilk
1 tsp. salt

Mix the water and soda, cool. Cream the shortening, sugar and eggs together, add the rest of the ingredients and the soda mixture. Bake in paper lined muffin tins at 400° for 20 minutes. This batter keeps well in the refrigerator for 6 weeks. Just take out and use the amount needed then store remainder.

BANANA NUT BREAD

Bea DiCaprio

2 c. flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 c. butter
1 c. sugar
1 egg
2 large ripe bananas, mashed
3 T. sour cream
1 c. chopped nuts

Sift together dry ingredients, set aside. Cream butter, sugar and egg until light and fluffy. Add mashed bananas, stirring well. Add flour mixture alternately with sour cream. Add nuts, mixing well. Pour batter into greased 4 x 8-inch loaf pan. Bake at 350° about 50 minutes. Remove from pan and cool on rack. Makes 2 loaves.

ZUCCHINI BREAD

Shirley Storch-Sherman
Bertha Hanson

3 eggs
3/4 c. oil
1 1/4 c. sugar
2 c. grated zucchini
2 tsp. vanilla
2 c. flour
1/2 c. wheat flour
1/2 c. wheat germ
Pinch salt
1 tsp. cinnamon
1 tsp. baking soda
1 1/4 tsp. baking powder
1 c. chopped sunflower seeds or nuts
Grated lemon peel

Mix wet ingredients together, gradually. Add dry ingredients. Fold walnuts, zucchini and lemon peel. Bake 1 1/2 hours at 325° in greased, floured loaf pan.

CRANBERRY BREAD

Bertha Hanson

3 1/2 c. cranberries, halved
1/4 lb. dates, cut fine
1 c. mixed candied fruit
1 c. raisins or currants
2 c. pecan halves
4 c. sifted flour
2 c. sugar
3 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
2 eggs, well beaten
Grated rind of 1 orange
1 c. orange juice
1/4 c. melted shortening
1/4 c. hot water

Mix cranberries, dates, candied fruit and raisins. Sprinkle with part of flour. Sift rest of flour with other dry ingredients. Stir in eggs, orange juice and rind. Beat in melted shortening and hot water. Mix in fruit and nuts. Grease and line with waxed paper 3 (5 x 9-inch) loaf pans. Bake at 325° for 1 hour 10 minutes. Remove waxed paper immediately and cool. Refrigerate in foil. May be frozen after a day in refrigerator.

PLUM OATMEAL BREAD

Lynne Sitarsky

2 c. flour
3/4 c. sugar
3 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
1/2 tsp. cinnamon
1 c. quick oatmeal
2 c. plums
2 egg, beaten
1 c. milk
1/4 c. oil

Combine first 6 ingredients. Add and stir in oatmeal and plums. Combine eggs, milk and oil, stir into dry ingredients. Bake in greased loaf pan at 350° for 1 hour.

ZUCCHINI BREAD

Ruby Perez

3 1/3 c. flour
2 2/3 c. sugar
2 tsp. baking soda
1 1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. cinnamon
1 tsp. ground cloves
2/3 c. shortening
4 eggs
3 c. shredded zucchini
2/3 c. water
2 tsp. vanilla
2/3 c. chopped walnuts
2/3 c. raisins

Mix the first 7 ingredients in a big bowl. Then add the egg, water, shortening and zucchini, then mix. Add the remaining ingredients. Bake at 350° for 1 hour and 18 minutes.

CARROT WHEAT BREAD

Bertha Hanson

1 pkg. active dry or compressed yeast
1/3 c. warm water
2 c. milk, at room temperature
5 T. melted butter or margarine
2 tsp. salt
1/2 c. honey
About 6 1/2 c. stone-ground whole wheat flour
1 c. carrot, finely shredded
1 c. raisins

Dissolve the yeast in water in a large bowl. Add the milk, 3 tablespoons of the butter, salt and honey. Gradually stir in 5 cups of the flour to make a soft dough, stir in carrot and raisins. Spread about 3/4 cup of the remaining on board, turn out the dough and knead until dough is elastic and not sticky, 10 to 15 minutes. Sprinkle with additional flour on the board and your hands as needed to prevent sticking. Place dough in a greased bowl, turn over to grease top, cover with a towel and let rise in a warm place until almost doubled, about 3 hours. Punch down dough and squeeze it to release air bubbles; divide it in 2 equal portions. Knead each for 30 seconds on a lightly floured board and shape into a smooth round loaf. Place each loaf on a greased cookie sheet. Cover and let rise until almost doubled, about 1 hour. Brush tops with remaining 2 tablespoons butter. Bake at 350° for about 30 minutes or until browned and the loaves sound hollow when tapped. Let cool on racks. Wrap airtight; store at room temperature as long as 3 days. Freeze for longer storage. Makes 2 loaves.

CARAWAY HONEY ROLLS

Bertha Hanson

2 pkg. active dry yeast
1/2 c. very warm water (105°-115°)
1 c. milk
1/2 c. unsalted butter, cut into pieces
1 c. mild honey
2 eggs, at room temperature, lightly beaten
3 T. caraway seeds
1/2 tsp. salt
4 1/2 - 5 c. flour
1 egg yolk beaten with 2 T. milk

Sprinkle yeast over very warm water in large bowl; let stand until yeast is softened, about 5 minutes. Meanwhile, scald milk in medium saucepan over medium-low heat. Remove saucepan from heat; stir in butter until melted. Stir in honey until thoroughly blended; stir in eggs, caraway seeds and salt. Let cool until lukewarm to touch. Blend together in blender the lukewarm milk mixture and the yeast mixture. Continue to blend mixture adding 3 cups flour, 1 cup at a time. Gradually beat in enough of remaining flour, 1/4 cup at a time to form stiff dough. Turn dough out onto lightly floured surface; knead, adding flour as needed, until dough

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is smooth. Place dough in lightly buttered large bowl, turning once to coat evenly with butter. Cover loosely; let rise in warm draft-free spot until dough is doubled in bulk, about 2 hours. Punch dough down. Place on lightly floured surface; let rest, covered 5 minutes. Divide dough into 24 equal pieces. Form each piece into a smooth ball and place 2 inches apart on a lightly greased cookie sheet, cover lightly and let rise in warm draft-free spot, about 30 minutes to an hour. Heat oven to 350°. Lightly brush tops of roll with egg yolk/milk wash. Bake until dark golden brown, about 25 minutes.

PARMESAN-HERB FRENCH BREAD

Christina Long

1 1/4 c. warm water
1 pkg. yeast
1 tsp. salt
1 T. sugar
1 T. shortening, melted
1 tsp. dried basil
1/2 tsp. dried thyme
1/2 tsp. dried oregano
1 T. dried parsley
1 c. shredded Parmesan cheese
3 c. flour

Dissolve yeast in warm water, let rise for 10 minutes. Add salt, sugar and shortening. In a large mixing bowl, mix the dry ingredients. Add the yeast mixture and stir thoroughly. Turn onto floured board and knead for about 5 minutes. Return to bowl, cover with damp cloth and set in warm place to rise for about 2 hours. Punch down the dough, turn onto floured board and shape into a long thin loaf, tapering the ends. Place on a baking sheet which has been greased and sprinkled with cornmeal. Cut diagonal slashes across top of loaf with a sharp knife. Cover and let rise until doubled in bulk, about 1 hour. Preheat the oven to 375°. Brush top of the loaf with egg white mixed with 1 tablespoon cold water and sprinkle with sesame seeds, if desired. Bake at 375° for 30 minutes, turn off the oven and let set another 10 minutes. Eat and enjoy! Makes 1 loaf.

DINNER ROLLS

Christine Wojnarowicz

1 pkg. dry yeast
1/4 c. warm water
1 c. scalded milk
2 T. shortening
2 T. sugar
1 tsp. salt
1 well beaten egg
3 1/2 c. sifted flour

Soften yeast in water. In a separate bowl, combine milk, sugar and shortening. Cool. Add yeast; then add egg. Stir in flour to make a soft dough. Let rise in a warm place 1 hour. Punch down, form into small balls with greased hands and place on a greased cookie sheet. Allow them to rise until doubled, then bake at 400° for 10-12 minutes.

ITALIAN PAN ROLLS

Kathleen Marks

3 1/2 - 4 c. all-purpose flour
2 pkg. dry yeast
2 T. sugar
2 tsp. garlic salt
1 tsp. Italian seasoning
1 c. milk
1/2 c. water
1 T. butter or margarine
1 egg
1/2 c. Parmesan cheese
1 T. butter, melted
1/4 c. Parmesan cheese

In a large mixing bowl, combine 1 1/2 cups flour, yeast, sugar, garlic salt and Italian seasonings; mix well. In a saucepan, heat milk, water and butter until warm (120°-130°); butter does not need to melt. Add to flour mixture. Add egg. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in 1/2 cup Parmesan cheese and enough remaining flour to make a firm dough. Knead on a floured surface until smooth and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover and let rise in a warm place until light and doubled, about 45 minutes. Punch down dough and divide into 15 pieces. Form into balls. Dip tops into melted butter and Parmesan cheese. Place in well greased 13 x 9-inch baking pan. Cover and let rise in a warm place about 30 minutes. Bake at 375° for 20-25 minutes until golden brown. Remove from pan; cool.

DOUBLE CHEESE BREAD

Bertha Hanson

2/3 c. butter or margarine
1 1/3 c. sugar
4 eggs
3 c. all-purpose flour
1 c. whole wheat flour
4 tsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 1/2 c. walnuts, chopped
2/3 c. each: milk and white wine or may use all milk
1 1/2 c. shredded sharp cheddar cheese
1 c. (4-oz. pkg.) crumbled bleu cheese
1 T. each: poppy seed and sesame seed

With an electric mixer, beat butter with sugar until fluffy. Add eggs, one at a time, blending well after each addition. Stir together flour, baking powder, soda, salt and nuts. To the butter mixture, add dry ingredients alternately with the milk and wine. Divide the batter in half; stir the cheddar cheese into 1 portion, the bleu cheese into the other. Grease and flour 2 (5 x 9-inch) loaf pans. Spoon half the cheddar cheese batter into each pan, distributing down 1 long side, then spoon half the bleu cheese batter alongside. Sprinkle poppy seeds over the cheddar cheese portions and sesame seeds over the bleu cheese sections. Bake in a 350° oven for 1 hour or until a wooden pick inserted comes out clean. Let

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stand 10 minutes, then turn out onto a wire rack to cool completely. If made ahead, wrap airtight and store in the freezer; let thaw unwrapped. Cut bread into 3/4-inch slices; it has a tendency to crumble. If you like, cut a slice in half lengthwise. Makes 2 loaves, enough for 12-16 servings.

FOCCACCIA

Cindi Knight

1 pkg. dry active yeast
1 c. lukewarm water
3 1/4 c. bread flour
1 tsp. salt
1 T. olive oil
1/4 c. olive oil
1 1/4 tsp. rosemary
1 tsp. sage

Dissolve yeast in water. Combine 2 1/2 cups flour with salt. Add yeast and 1 tablespoon oil; knead about 10 minutes, adding 3/4 cup flour until dough is soft. Place dough in greased bowl, cover with a towel or plastic wrap; let rise until doubled in bulk, about 45-60 minutes. Punch down dough, cover and allow to rise again. Punch down a third time and let stand 10 minutes. Shape onto a greased pizza pan. Cover with towel and let rise for 30 minutes. Spread 1/4 cup oil over bread; sprinkle with herbs. Bake 10 minutes at 475°.

EARLY COLONIAL BREAD

Bertha Hanson

1/2 c. yellow cornmeal
1/3 c. brown sugar, firmly packed
1 T. salt
2 c. boiling water
1/4 c. vegetable oil
2 pkg. active dry yeast
1/2 c. lukewarm water
3/4 c. stirred whole wheat flour
1/2 c. stirred rye flour
4 1/4 to 4 1/2 c. all-purpose flour

Thoroughly combine the cornmeal, brown sugar, salt, boiling water and oil. Let cool to lukewarm, about 30 minutes. Soften yeast in the 1/2 cup lukewarm water. Stir into cornmeal mixture. Add the whole wheat and rye flours; mix well. Stir in enough all-purpose flour to make a moderately stiff dough. Turn out on lightly floured surface and knead until smooth and elastic, 6-8 minutes. Place in greased bowl, turning once to grease surface. Cover and let rise in warm place until double, 50-60 minutes. Punch down; turn out on lightly floured surface and divide in half. Cover and let rest 10 minutes. Shape into 2 loaves and place in greased 9 x 5 x 3-inch loaf pans. Let rise until almost doubled, about 30 minutes. Bake at 375° for 45 minutes or until done. (Cap loosely with foil after first 25 minutes if bread browns rapidly.) Remove from pans. Cool on racks. Makes 2 loaves.

HOMEMADE PIZZA

Martl Kindell

Pizza Dough:

1 c. lukewarm water (not hot)
1 pkg. dry yeast
1 tsp. salt
1 tsp. sugar
2 T. oil
2 1/2 to 3 c. flour

Pizza Sauce:

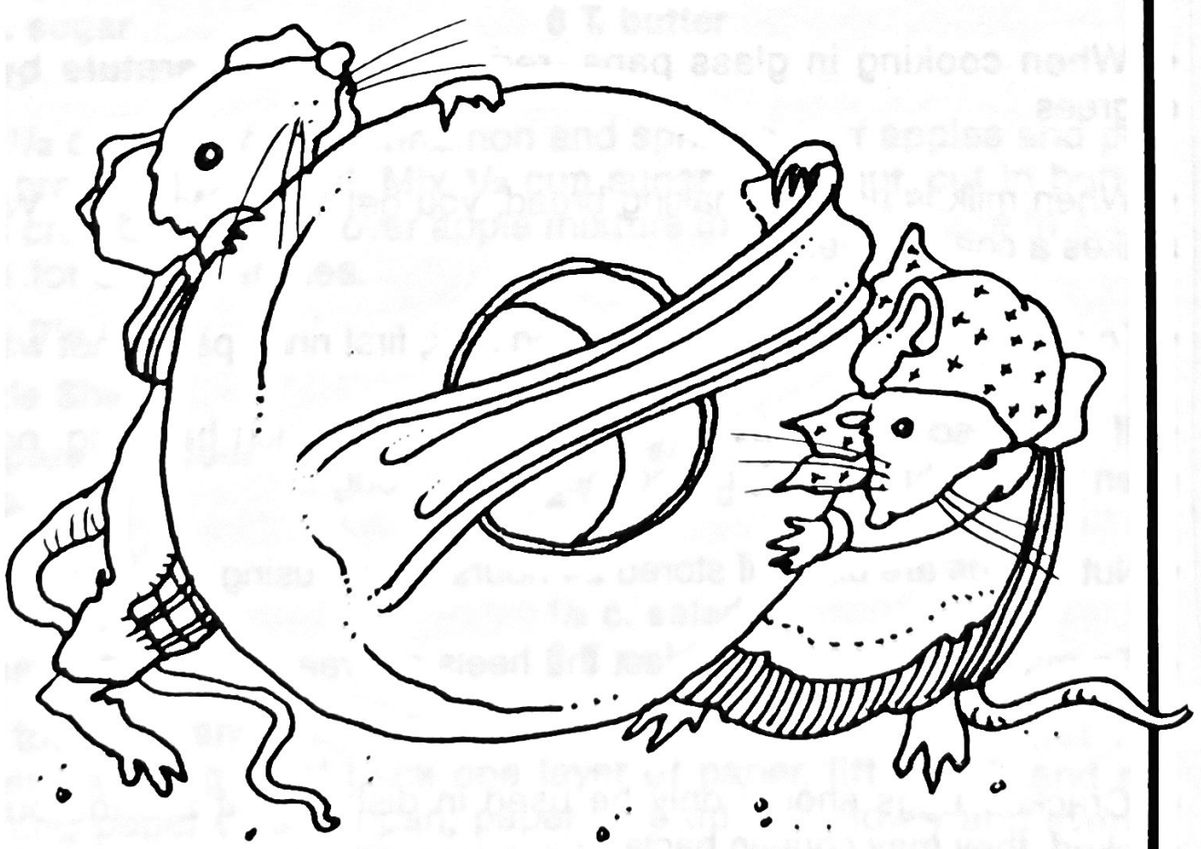
1 (8-oz.) can tomato sauce
1/8 tsp. garlic powder
1/2 tsp. oregano
Dash thyme

Pizza Toppings:

1 lb. hamburger, cooked and seasoned
1 lb. ground sausage, cooked
1/2 lb. pepperoni
1/2 lb. Canadian bacon and 8 oz. can of pineapple
4 oz. can sliced mushrooms or sliced olives
3/4 lb. shredded cheese: Jack, mozzarella or cheddar

To Make Dough: Add yeast, salt, sugar and oil to lukewarm water (about 110°), stir until dissolved. Add flour gradually and knead. Put into greased bowl and cover. Let rise until double (about 30 minutes). With hands, fit dough to bottom and sides of a 15 1/2 x 10 1/2 x 1-inch jelly-roll pan. **To Make Sauce:** Stir together all the sauce ingredients. Layer sauce and toppings of choice. Bake at 400° for 15-20 minutes. Cut into 8 servings.

Pies, Pastry & Desserts



Helpful Hints

• Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.

• When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.

• Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.

• Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.

• Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.

• Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.

• When in doubt, always sift flour before measuring.

• When cooking in glass pans, reduce oven temperature by 25 degrees.

• When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

• To prevent scorching when scalding milk, first rinse pan in hot water.

• If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.

• Nut breads are better if stored 24 hours before using.

• To make bread crumbs, toast the heels of bread and put in blender or food processor.

• Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

• The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

WATERWHIP PIE CRUST

2 pie crusts

Allx O'Donnell

1 c. shortening
1/2 c. boiling water
2 tsp. milk
2 3/4 c. flour
1 tsp. salt

Add boiling water and milk to shortening, tilt bowl and whip with rapid strokes across the bowl. Add flour and salt, stir quick strokes across till the dough cleans the wall of the bowl. Divide into 2 portions and roll out between 2 sheets of waxed paper. If baking crust alone without filling, prick shell all over with fork and bake at 450° for 14-19 minutes. A never fail flaky crust!

APPLE CRUMB PIE

My Favorite Pie

Donna Hughes

(Prepare easy pie crust shell.)

5-7 Granny Smith apples (5 lg. ones)
1/2 c. sugar
3/4 tsp. cinnamon
1/3 c. sugar
3/4 c. flour
6 T. butter

Mix 1/2 cup sugar and cinnamon and sprinkle over apples and put into prepared pie shell. Mix 1/2 cup sugar with flour, cut in butter until crumbly and put over apple mixture in pie shell. Bake in 400° oven for 35-40 minutes.

Easy Pie Crust:

Single Shell:

1 c. plus 2 T. flour
1 tsp. salt
1/3 c. salad oil
2 tsp. cold water

Double Shell:

1 3/4 c. flour
1 1/2 tsp. salt
1/2 c. salad oil
3 T. cold water

Mix together and roll out between 2 pieces of waxed paper for easier handling. Peel back one layer of paper, lift dough and remaining paper over pie pan, paper side up and slowly and evenly peel back paper.

SOUR CREAM RAISIN

Bertha Hanson

1 1/2 c. soured cream
2 eggs, separated
1 c. brown sugar
1/2 tsp. cinnamon
1/2 tsp. nutmeg
4 T. flour
3/4 c. chopped raisins
1 tsp. vanilla
1/3 c. sugar
4-6 T. sugar

To sour cream, add 1 tablespoon vinegar per cup of cream and stir to blend. Scald 1 cup of soured cream. Mix egg yolks, spices, flour and remaining soured cream and add slowly to the hot mixture. Add raisins and cook 15 minutes. Add vanilla and pour into a baked pie crust. Cover with meringue made from stiffly beaten egg white mixed with 4-6 tablespoons sugar. Brown in 350° oven for 10-15 minutes.

CHERRY CHEESE PIE

Nenette Rivera

1 (9-inch) baked pastry shell or graham cracker crumb crust
1 (8-oz.) pkg. cream cheese, softened
1 (14-oz.) can sweetened condensed milk (not evaporated)
1/3 c. lemon juice from concentrate
1 tsp. vanilla
1 (21-oz.) can cherry pie filling, chilled

In large mixer bowl, beat cheese until fluffy, gradually beat in milk until smooth. Stir in lemon and vanilla and pour into prepared pastry shell. Chill 3 hours or until set. Top with cherry pie filling before serving. Refrigerate leftovers.

WASHINGTOP PIE WITH STRAWBERRY FILLING AND TOPPING

Donna Gill-More

(Traditionally this recipe is called pie but actually it is a white layer cake.)

2 1/4 c. unsifted flour
1 1/2 c. sugar
3 tsp. baking powder
1 tsp. salt
2 egg yolks
1 c. milk
1/3 c. oil
1 tsp. almond flavoring
2 egg whites
Strawberry filling and topping (see below) or use your favorite filling and topping
Sweetened whipped cream (optional)

Sift together 1 cup sugar, baking powder and salt. Add egg yolks, milk, oil and almond flavoring and mix until smooth. Beat egg whites until foamy and gradually add remaining 1/2 cup sugar and

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beat until stiff peaks form. Fold egg whites into yolk mixture and spoon into 3 greased and floured layer cake pans. Bake in 350° oven about 25 minutes or until done. Cool layers in pans about 10 minutes and invert layers on racks to cool completely.

STRAWBERRY FILLING AND TOPPING

Donna Gill-More

3 pts. fresh strawberries
4 T. cornstarch
1 c. sugar
1/4 tsp. salt
1 1/3 c. water
1/2 tsp. lemon juice
Red food coloring

Sprinkle 12 large strawberries with cornstarch and crush with potato masher until cornstarch dissolves. Combine sugar, salt and water and bring to boil stirring occasionally. Add lemon juice and cool mixture slightly. Add to crushed berries and stir until smooth, adding food coloring to desired shade. Cook mixture over low heat until it is clear and thickened, stirring occasionally. Reserve a few of remaining berries to garnish top of cake. Cut remaining berries into halves and add to cooked mixture. Place one of cake layers on a plate and spread 1/3 of berry mixture on top. Repeat with remaining layers, stacking them to make a 3 layer cake. Arrange reserved whole berries on top and refrigerate until cake is chilled. Serve with whipped cream for garnish, if desired.

TIMBERLINE LODGE PEANUT BUTTER PIE

Shirley Storch-Sherman

Crust:

¾ c. unsalted peanuts, skinned and finely chopped
1 c. graham cracker crumbs
¼ c. brown sugar
¼ c. melted butter

Chocolate Filling:

½ c. butter, softened
¾ c. confectioners' sugar
1 egg
3 ½ oz. semi-sweet chocolate chips, melted
1 tsp. vanilla

Peanut Butter Filling:

1 (8-oz.) pkg. cream cheese, softened
½ c. creamy peanut butter, softened
¼ c. butter, softened
2 T. granulated sugar
½ c. whipping cream
1 tsp. vanilla

Ganache Topping:

½ c. semi-sweet chocolate chips
½ c. whipping cream

Garnish:

½ c. chopped peanuts

Prepare crust by combining all of crust ingredients, adding melted butter to bind together. Press into greased 9-inch pie pan or tart pan. Chill. Prepare chocolate filling layer by creaming butter and sugar until fluffy and mix in egg. Add melted chocolate and vanilla and continue mixing until fluffy. Spread and smooth layer in the bottom of the chilled crust. Chill. Prepare peanut butter layer by creaming all ingredients except cream and vanilla until light. Whip the cream and vanilla until stiff and fold into peanut butter mixture. Spread this mixture on top of chocolate layer and chill. Bring cream for ganache to a boil and remove from heat. Add chocolate chips and stir until blended and pour warmed ganache over chilled pie. Sprinkle with chopped peanuts and chill at least 2 hours. It's better if made the day before for good chilling time.

LEMON LUSH

Chris Wojnarowicz

½ c. margarine or butter
1 c. flour
½ c. chopped nuts of choice

Mix together and press into 12 x 8-inch pan. Bake in 350° oven for 15-20 minutes, then cool.

1 (8-oz.) pkg. cream cheese
1 (9-oz.) tub whipped topping
1 c. powdered sugar

Combine and spread on baked crust.

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2 (3 3/4-oz.) pkgs. instant lemon pudding
3 c. milk

Mix until thick and let set. Spread on top of cheese layer. Frost with whipped topping and refrigerate.

GRANDMA ELOISE'S JELLO TORTE

Chris Wojnarowicz

3/4 lb. coconut bars (macaroons), crushed
1/4 lb. butter or margarine
1/4 c. sugar

Mix crushed coconut bars, butter and sugar and press to line bottom and sides of a springform pan. Reserve some crumb mixture to sprinkle as a topping.

1 (3 1/2-oz.) pkg. black cherry Jello
1 c. boiling water
3 egg whites
3/4 c. sugar
1 pt. whipping cream
1 (6-oz.) can crushed pineapple, drained well

Dissolve Jello in boiling water, allowing to cool but not thicken. Beat 3 egg whites until stiff, fold in 3/4 cup sugar. In another bowl, beat whipping cream. Fold all 3 mixtures together along with the crushed pineapple. Pour into crumb-lined tin. Sprinkle with extra crumb mixture oven top. Refrigerate for 2 hours before serving.

KAHLUA MOCHA MOUSSE

Christina Long

1/4 c. sugar
3 T. Kahlua
1 tsp. instant coffee granules
1/4 lb. (6 squares) semi-sweet chocolate
3 T. heavy cream
2 egg whites, beaten until stiff
2 c. whipped cream
1 T. Kahlua (optional)

Combine the sugar, Kahlua and coffee. Dissolve over very low heat. Melt the chocolate in a double boiler or microwave. When it is melted, stir in the heavy cream. Add the sugar mixture, and stir until smooth. Allow to cool, but do not chill. Fold in the stiffly beaten egg whites, then very gently fold in the whipped cream. (1 tablespoon Kahlua can be added to the cream when whipping for additional flavor.) Pour into dessert glasses and chill at least 2 hours before serving. May garnish with Kahlua flavored whipped cream for serving. This recipe can be varied endlessly. The coffee can be omitted if a mocha flavoring is not wanted. Any favorite liqueur can be used in place of the Kahlua. Or, the liqueur can be omitted altogether and vanilla flavoring substituted. For a more fat-free recipe, try whipping evaporated skim milk instead of cream. The results will be less rich, but nearly guiltless! Serves 6-8.

GRANDMA'S STRAWBERRY DESSERT

Cheryl McDaniel

20 lg. marshmallows
1 c. condensed milk
1 pkg. strawberry Jello
Vanilla wafers

Soak marshmallows in condensed milk until dissolved. Chill 1 package Jello until thickness of egg whites. Beat until fluffy. Add marshmallows and beat together. Pour into a pan lined with vanilla wafers until set.

APPLE CLAFOUTI

Christina Long

5-6 crisp apples, such as Granny Smith or golden delicious, peeled, cored and cut into 1/4-inch slices
2 tsp. margarine
1/3 c. brandy
1/3 c. sugar
1/2 tsp. cinnamon
1 c. low-fat milk
1/3 c. sugar
3/4 c. egg substitute
1 T. vanilla
Dash salt
2/3 c. flour
Powdered sugar

Melt the margarine in skillet, saute apples until slightly browned, about 5 minutes. Remove from heat and add the brandy, sugar and cinnamon, stirring well to coat. Let sit for 20 minutes for flavors to absorb. Spray a pie pan or quiche dish lightly with cooking spray. Preheat the oven to 350°. Mix the milk, sugar, egg substitute, vanilla, salt and flour in a food processor or blender. Blend for 1 minute. Pour 1/4-inch of the batter into the pie pan and place in the preheated oven for 5 minutes. Place the apple mixture on top and pour the rest of the batter over all. Bake for about 50-60 minutes until knife inserted in center comes out clean. Remove from oven and sprinkle with powdered sugar. Serve hot. Serves 8. This makes a great low fat, low cholesterol dessert, about 180 calories per serving.

BAVARIAN APPLE TORTE

Shirley Storch-Sherman

1/2 c. butter, softened
1/3 c. sugar
1/2 tsp. vanilla
1 c. flour
1 (8-oz.) pkg. cream cheese, softened
1/4 c. sugar
1 egg, beaten
1 tsp. vanilla
1/3 c. sugar
1 tsp. cinnamon
4 c. peeled, sliced apples
1/4 c. sliced almonds

Cream butter, 1/3 cup sugar and 1/2 teaspoon vanilla. Blend in flour and spread/press into a quiche or tart pan on bottom and 1-inch

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up sides. Combine cream cheese, 1/4 cup sugar, egg and 1 teaspoon vanilla and pour into pastry shell. Toss 1/3 cup sugar, cinnamon and sliced apples and spoon over cream cheese layer. Sprinkle with almonds. Bake in 450° oven for 10 minutes, then reduce oven to 400° and bake another 25 minutes. Cool before serving. Dust with powdered sugar if desired.

HOT BANANA SOUFFLE WITH RUM SAUCE

Cindi Knight

2 T. margarine
2 T. cornstarch
3 mashed bananas
1 T. rum
1 T. lime juice
1/2 tsp. lemon peel
4 eggs, separated
1 egg white
1/2 c. sugar

Melt margarine in large pan. Mix in cornstarch and bananas and cook 3 minutes over low heat. Add rum, lime juice and lemon peel. Remove from heat. Beat 5 egg whites until stiff peaks form and set aside. Mix egg yolks and sugar until thick. Stir in banana mixture. Fold in egg whites and put in buttered 2-quart souffle dish. Bake in 350° oven for 40 minutes. Serve with rum sauce.

Rum Sauce:

1/2 c. margarine
1 c. powdered sugar
1 egg, beaten
2 T. rum

In double boiler, mix margarine and sugar. Add egg and rum. Place over water and cook until thickened.

WALNUT SANTS

Shirley Storch-Sherman

Pastry:

3 oz. cream cheese, softened
1/2 c. butter, softened
1 c. flour

Filling:

1 egg, beaten
1 tsp. vanilla
1 tsp. rum
3/4 c. brown sugar
1 T. melted butter
1 c. chopped nuts

Mix pastry ingredients together by hand and chill. Shape into small, round balls the size of walnuts and place in mini tart tin. Press ball into tart cup shell. Mix filling ingredients together to make a smooth syrup but do not beat frothy or bubbly. Place 1/2 teaspoon nuts, then 1 teaspoon filling syrup, then topping off with 1/2 teaspoon nuts in each tart shell. Bake at 325° for 25 minutes. Cool in tart tin first, then gently remove and dust with powdered

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sugar. Tarts freeze well, but do not freeze with powdered sugar. Makes approximately 24 tarts.

HAZELNUT SLICES

Mitzi Storch

8 eggs, separated
4 c. finely ground hazelnuts
1 1/2 c. sugar
6 oz. semi-sweet chocolate chips
1 tsp. Crisco vegetable shortening

Beat egg whites until stiff. Mix egg yolks and sugar until thick and fold into egg whites. Bake in greased 9 x 13-inch pan at 350° for 40 minutes. Cool. Melt chocolate and Crisco and pour over pan of cooled hazelnut slices. Chill. Cut into small squares.

SODA CRACKER NUT TORTE

Mitzi Storch

3 egg whites
1 c. sugar
12 soda crackers, crushed
1 c. whipping cream
1 tsp. baking powder
1 tsp. vanilla
3/4 c. chopped walnuts
1 sm. can crushed pineapple, drained

Beat egg whites until stiff, gradually adding sugar. Fold in crushed crackers, baking powder, vanilla and chopped nuts. Bake at 350° in a 9 x 13-inch pan for 30 minutes and cool. Top with whipped cream and crushed pineapple that have been folded together. Chill and cut into squares.

ORANGE-PINEAPPLE CHEESECAKE SHERBET

Bertha Hanson

1 (12-oz.) can frozen orange juice, thawed
1 (12-oz.) can frozen pineapple juice, thawed
2 qts. buttermilk
3 c. sugar
1/4 tsp. salt

Mix all ingredients until sugar dissolves. Freeze in hand or electric ice cream maker according to manufacturer's directions.

STRAWBERRY LAYERED DESSERT

Mitzl Storch

2 c. crushed pretzels
3/4 stick butter, melted
1 (8-oz.) pkg. cream cheese, softened
1 sm. Cool Whip
2 pkgs. sm. frozen strawberries
1 (6-oz.) pkg. strawberry Jello
2 c. boiling water
Whipped cream to garnish if desired

Crush pretzels, add butter and place in bottom of 9 x 13-inch pan. Bake at 350° for 15 minutes and cool. Mix Cool Whip, cream cheese and spread over pretzel crust. Pour boiling water over Jello, add frozen berries and cool. Pour over Cool Whip layer in pan. Decorate with whipped cream. Chill.

GERMAN FRESH CHERRY BREAD PUDDING

Mitzi Storch

1 1/2 lbs. pitted cherries (can be canned if fresh not available)
8 day old, stale French or Kaiser rolls
2 c. warm milk
3 eggs, separated
1/2 c. sugar
3 tsp. butter

Cut rolls into thin, small slices and pour warm milk over and let stand 30 minutes. Mix egg yolks and sugar. Beat egg whites until stiff and fold into egg yolk mixture. Fold cherries and rolls/milk mixture into egg mixture and pour into casserole dish. Dot with butter and bake at 350° for 40-45 minutes until set and slightly browned on top.

CHOCOLATE MOUSSE

Becca Gaughan

1 1/2 lbs. semi-sweet chocolate chips
1/2 c. Grand Marnier
2 c. heavy cream, chilled
8 egg whites
1/2 tsp. vanilla
1/2 c. prepared espresso coffee
4 egg yolks
1/4 c. granulated sugar
Pinch salt

Melt chocolate chips over low heat, add espresso coffee. Stir in Grand Marnier and let cool to room temperature. Add egg yolks, one at a time, beating thoroughly after each egg. Whip 1 cup of cream until thickened and gradually add sugar and beat until stiff. Beat egg whites with salt until stiff and fold whites into whipped cream. Stir 1/3 of cream/egg mixture into chocolate mixture, then add the remaining cream/egg mixture and fold together gently. Pour into individual or 1 large serving bowl and refrigerate for 2

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hours or until set. Whip remaining 1 cup cream until thickened and add vanilla, whipping until soft peaks form. Top each portion of mousse with the prepared whipped cream prior to serving.

WILLIAMSBURG RICE PUDDING

Shirley Storch-Sherman

4 eggs
3/4 c. sugar
2 c. milk
1 1/3 c. cooked white rice
1 1/2 tsp. lemon juice
1 1/2 tsp. vanilla
1 T. butter, melted
2 tsp. nutmeg
2 tsp. cinnamon
2/3 c. seedless golden raisins

Combine eggs, sugar, milk and beat well. Fold in rice, lemon juice, vanilla, 1 teaspoon of cinnamon and nutmeg, melted butter and raisins. Pour into greased 2-quart casserole dish, sprinkle with remaining 1 teaspoon cinnamon and nutmeg and place in a pan of hot water. Bake at 350° about 45 minutes or until custard is set.

BLUEBERRY SLUMP

Cheryl McDaniel

4 c. wild blueberries
1 c. sugar
1 c. all-purpose flour
1 1/2 tsp. baking powder
Pinch salt
2 T. unsalted butter
3/4 c. milk
1/2 tsp. vanilla extract

Raspberries, blackberries or pitted cherries can be substituted. Adjust sugar according to the sweetness of the fruit. Preheat oven to 375°. Generously butter a 7-8 cup baking dish. Gently toss the berries with 3/4 cup sugar and turn into the prepared dish. Using a fork, toss together the flour, baking powder, salt and the remaining 1/4 cup sugar. In a small saucepan, melt the butter and the vanilla over low heat. Add the warm milk and the vanilla to the dry ingredients and stir to blend. The batter will be thick. Spread the batter evenly over the berries and bake for 45 minutes or until the top is browned. Let cool for 5 minutes then spoon onto plates and serve with vanilla ice cream.

CREAM BRULEE WITH BLUEBERRIES

Cheryl McDaniel

1 c. heavy cream
1/2 vanilla bean split lengthwise
2 egg yolks, lightly beaten and strained
1/4 c. sugar
3/4 T. unsalted butter, chilled and cut into small pieces
1 c. fresh blueberries

Place the cream and vanilla bean in a heavy saucepan and bring to a boil. Reduce heat and simmer for 5 minutes stirring occasionally. Set aside. Whisk egg yolks and 2 tablespoons sugar in the top of a double boiler over simmering water until pale, thick and fluffy. Do not overcook or mixture will scramble. Remove the vanilla bean from the cream. Strain the cream into the egg/sugar mixture, whisking constantly. Cook slowly, stirring occasionally, until mixture thickens and coats the back of a spoon, about 10 minutes. Remove from the heat and whisk in the butter. Divide the blueberries among 4 large shallow dishes. Pour the custard mixture over the berries and chill thoroughly. Preheat broiler. Immediately before serving, sprinkle the remaining 2 tablespoons sugar over the Creme Brulee and place each dish under the broiler to caramelize the sugar, taking care not to burn it.

WATERGATE SALAD

Cheryl McDaniel

1 (20-oz.) can crushed pineapple
1 (3 1/2-oz.) box instant pistachio pudding
1 (9-oz.) can non-dairy whipped topping
1 c. marshmallows
1/2 c. walnuts

Drain pineapple and reserve syrup. Place pudding mix in large bowl. Add 4 tablespoons of pineapple juice to make a soft paste. Add pudding and mix to a bright green. Mix well. Add drained pineapple, whipped topping, marshmallows and nuts. Mix well until fluffy and increased in volume. Refrigerate until chilled.

NENETTE'S POTLUCK TROPICAL FRUIT SALAD

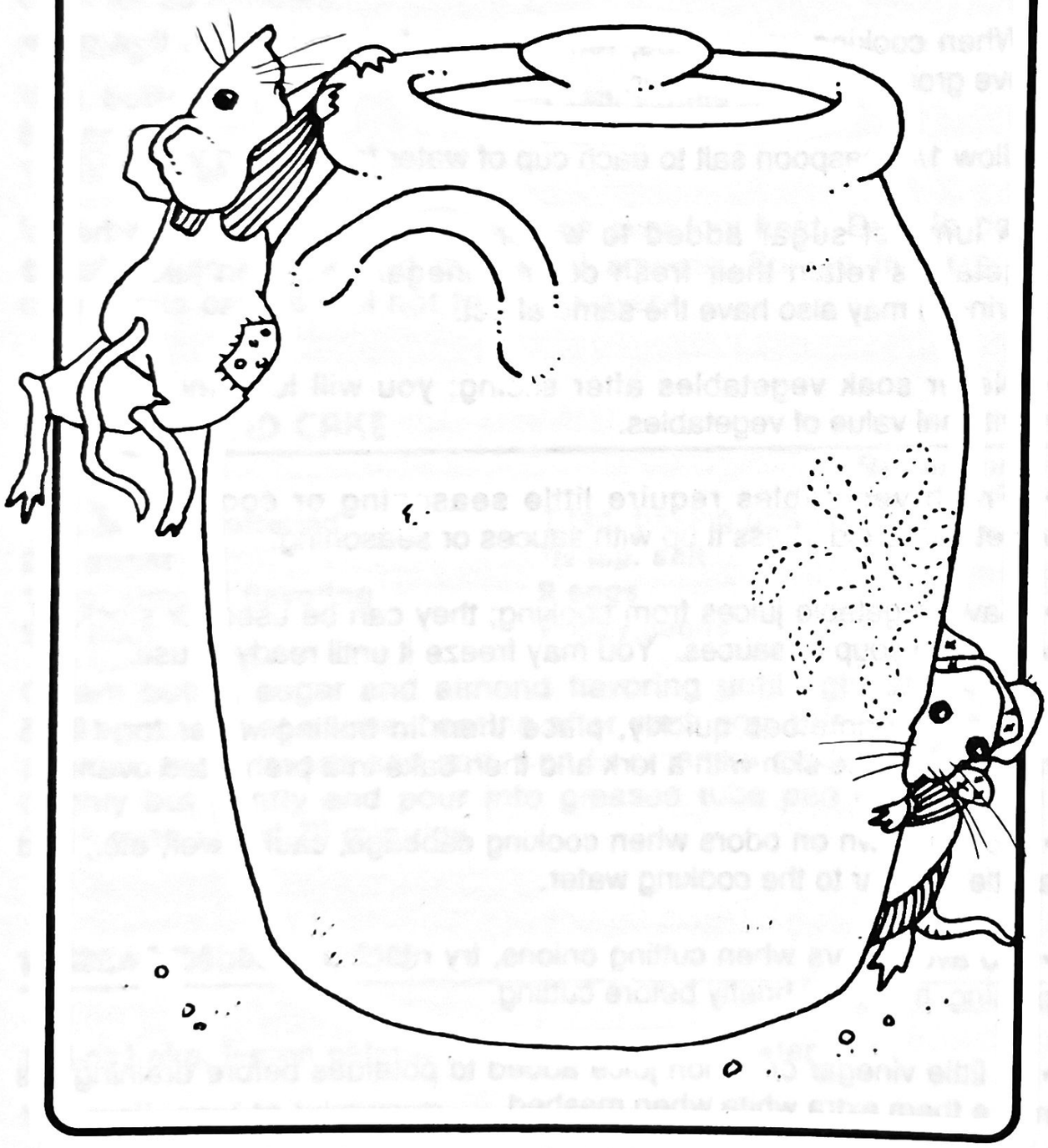
Nenette Rivera

A variety of canned, tropical fruits, drained:
Lychees
Pineapple chunks
Mandarin oranges
Coconut sport balls (Macapuno balls)
Young coconut strands (frozen, thawed)
Mangoes
Papaya
Peaches or pears
Grapes
2-3 cans Nestle Danish thick cream (in baking section if store)

Most of ingredients above can be found at Uwajimaya's in Bellevue or downtown Chinatown. Mix the canned fruits together. They must be rinsed to remove extra sugar syrup. Add thick cream to desired amount. Chill prior to serving.

Recipe Favorites

Cakes, Cookies & Candy



Helpful Hints

- Fresh lemon juice will remove onion scent from hands.

- A few drops of lemon juice in potato water will whiten boiled potatoes.

- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.

- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.

- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.

- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.

- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

- To avoid toughening beans or corn, add salt when cooking is halfway through.

CHOCOLATE FUDGE CAKE

Chris Patopea

1/2 c. butter
1/2 c. oil
5 T. cocoa
1 c. water

Melt and bring to a boil

2 c. sugar
2 c. flour
2 eggs
1 tsp. cinnamon
1 tsp. vanilla
1/2 c. buttermilk

Mix dry ingredients and add to chocolate mixture. Add eggs, vanilla and buttermilk. Pour batter in cake pan and bake in 350° oven for 20 minutes.

Frosting:

1/2 c. butter
5 T. cocoa
1 box powdered sugar
1 tsp. vanilla
6 T. milk

Melt butter and cocoa in saucepan over low heat. Beat in powdered sugar, vanilla and milk until smooth. Spread frosting on cake while cake if still hot from the oven!

GREEK POUND CAKE

Renee Sorbo

1 lb. butter, softened
2 c. sugar
1 tsp. almond flavoring
3 c. flour
1 tsp. baking powder
1/2 tsp. salt
9 eggs
Poppy seeds

Cream butter, sugar and almond flavoring until light and fluffy. Add eggs, one at a time, beating after each egg. Sift flour, baking powder, poppy seeds and salt. Add to creamed mixture. Mix thoroughly but gently and pour into greased tube pan and bake in 350° oven about 70 minutes.

LEMON GELATIN CAKE

Maxine Zemko

1 (3-oz.) pkg. lemon gelatin
2/3 c. boiling water

Mix well, cool to lukewarm.

1 pkg. lemon cake mix
2/3 c. oil
4 eggs

(continued)

Blend, add gelatin mix and blend well. Bake in 10 x 13-inch pan at 350° for 30 minutes. Poke many holes in top of warm cake with fork.

2 1/2 c. powdered sugar
1 tsp. lemon peel
5-6 T. reconstituted lemon juice

Pour over warm cake and spread evenly. May also use white cake mix and different gelatin flavors.

NO EGG CHOCOLATE CAKE

Alix O'Donnell

1 1/2 c. flour
1/2 tsp. salt
1 c. sugar
1 tsp. baking soda
3 T. cocoa
5 T. salad oil
1 T. vinegar
1 tsp. vanilla
1 c. cold water

Sift together dry ingredients. Add wet ingredients and mix well. A few drops of red food coloring may be added for extra rich color. Pour into medium-size loaf pan that has been greased and floured. Bake in 350° oven for 40 minutes, testing for doneness. It's very good!

CRAZY CAKE

Alix O'Donnell

3 c. flour
2 c. sugar
1/4 c. cocoa
1 tsp. baking soda
2 c. water
2/3 c. oil
2 T. vinegar
2 tsp. vanilla
1 tsp. salt

Sift dry ingredients into a pan and make 3 holes. Pour wet ingredients in holes and stir well. Bake in 350° oven for 45 minutes. This is fun for kids to make.

BON APPETIT CHEESECAKE

Shirley Storch-Sherman

Crust:

3/4 c. graham cracker crumbs
3/4 c. finely chopped walnuts
1/4 c. melted butter
1/4 c. sugar

Mix all together and press into a greased spring form pan.

Filling:

32 oz. cream cheese, softened
1 1/4 c. sugar
4 eggs
1 tsp. vanilla
1 tsp. almond extract
1 tsp. lemon extract

(continued)

Beat all ingredients well and pour into spring form pan. Bake in 350° oven for 45 minutes, set out for 30 minutes.

Topping:

2 c. sour cream
1/4 c. sugar
1 tsp. vanilla
1 tsp. rum

Mix together and pour over baked cheesecake. Put back in 350° oven and continue baking for 15 minutes. Cool, remove ring of spring form pan. May top with fresh berries and glaze or prepared, canned fruit topping. Chill and enjoy.

RHUBARB COFFEECAKE

Christina Long

1/2 c. butter, softened
2 c. sugar, divided
1 egg
2 c. flour
1 tsp. baking soda
1 c. buttermilk
4 c. chopped, floured rhubarb
1 tsp. vanilla
1 tsp. cinnamon
1/4 c. butter

Cream butter and 1 1/2 cups sugar. Add egg and beat well. Sift dry ingredients and add alternating with milk to creamed mixture. Add vanilla. Gently blend in rhubarb. Pour into 9 x 13-inch greased and floured pan. Mix 1/2 cup sugar with cinnamon and butter until crumbly. Sprinkle on top. Bake in 350° oven for 45 minutes. Serve slightly warm. Serve with whipped cram or vanilla ice cream if desired.

CARROT PINEAPPLE BUNDT CAKE WITH CRAISIN CREAM CHEESE FROSTING

Frani Soderstrom

3 c. cake flour
1 c. sugar
2 T. cinnamon
1 tsp. baking powder
1 1/2 tsp. baking soda
1 c. finely crushed walnuts
3 eggs
2 T. vanilla
1 1/2 c. oil
1 (8 3/4-oz.) can crushed pineapple, drained, reserve juice
5 c. grated carrots

Sift flour in large bowl. Add sugar, cinnamon, baking powder, soda and salt. Stir until well blended. Add beaten eggs, vanilla, oil, reserved pineapple juice and beat with electric mixer on high for 3 minutes. Stir in carrots, walnuts and pineapple. Pour into greased and floured bundt pan. Bake in 325° oven for 1 hour to 1 hour and 10 minutes. Check with long toothpick or knife after 1 hour. Cool in pan 10 minutes, then put on serving plate.

Craisin Cream Cheese Frosting:

(continued)

1 (8-oz.) pkg. cream cheese
1/4 c. butter
1 c. powdered sugar
2 T. vanilla
3/4 c. craisins (dried cranberries) soaked in water for 10 minutes to plump up, drained (can be purchased at QFC, Ballard Market, Larry's)

Beat all ingredients except craisins in medium bowl. Mix craisins in frosting.

PISTACHIO CAKE

Carolyn Cook-Ewing

1 pkg. white cake mix (2 layer)
1 c. cooking oil
1 c. lemon-lime beverage
1 tsp. vanilla
1 box instant pistachio pudding mix
1/2 to 1 cup ground nuts (almonds, walnuts or pistachios)
1/2 tsp. almond extract
4 well beaten eggs

Combine all ingredients in large mixer bowl and beat 2 minutes on high, then 1 minute on medium. Turn into well greased and floured pan. Bake in 350° oven for 45-50 minutes, shielding with foil last few minutes to keep cake from turning dark. Cool in pan 15 minutes then on rack 1 1/2 hours. Refrigerate 2 hours before frosting.

Pistachio Frosting:

1 box pistachio instant pudding mix
1 envelope Dream Whip
1 c. sour cream
1 c. cold milk

Combine all ingredients in a large bowl and beat on high until frosting is thick (about 2-3 minutes). Frosting will be fluffy and will hold its shape. Frost cooled cake.

CRUMB CAKE

Chris Wojnarowicz

4 c. flour
6 tsp. baking powder
2 1/2 c. sugar
1 c. margarine
1 1/2 c. milk
1/2 c. milk
4 eggs
2 tsp. vanilla

Sift together flour, baking powder and sugar. Add margarine and beat on low speed for 2 minutes. Add 1 1/2 cup milk and beat on medium speed for 2 minutes. Add 1/2 cup milk, eggs and vanilla and beat at medium speed for 2 minutes. Pour into greased and floured 18 x 12 x 2-inch pan and bake at 350° for 45 minutes.

Crumbs:

(continued)

2 c. margarine
3 c. sugar
4 1/2 c. flour
1/2 tsp. salt
2 tsp. cinnamon

Mix flour, salt and cinnamon. Cream together margarine and sugar. Add flour mixture to cream mixture and blend with fork, then fingers. Sprinkle crumbs on top of hot cake and return to oven to bake 5 minutes. Cool, sprinkle cake with powdered sugar.

BLUEBERRY PECAN CAKE

Nenette Rivera

1/4 c. butter or margarine
1/2 c. firmly packed brown sugar
1 (8-oz.) can crushed pineapple, undrained
1/2 c. pecan halves
1 pkg. blueberry muffin mix
1/2 c. milk
1/2 c. chopped pecans

Melt butter in 8-inch square pan. Stir in brown sugar and pineapple. Arrange pecan halves onto pineapple mixture. Combine muffin mix, milk and chopped pecans and blend well. Spread batter over pineapple mixture. Bake in 350° oven for 25-30 minutes. Invert onto serving plate immediately. Serves 6-8.

WILD BLACKBERRY LEMON CAKE ROLL

Bertha Hanson

4 eggs, separated
1/2 c. sugar
2/3 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/4 c. sugar

Filling:

1 T. cornstarch
1/2 c. sugar
1/3 c. lemon juice
1 tsp. grated lemon peel
3 T. water
1 beaten egg
2 T. butter or margarine
1/2 c. whipping cream, whipped into soft peaks
1 1/2 c. washed, drained blackberries

Line greased 10 x 15-inch jelly-roll pan with waxed paper and grease the paper. Beat the egg yolks with 1/2 c. sugar until thick. Blend unsifted flour with baking powder and add to yolk mixture, beating until smooth. Add salt to egg whites and beat until foamy. Gradually beat in 1/4 cup sugar until moist, stiff peaks form. Fold into egg mixture and spread batter in prepared pan and bake in 375° oven for 15 minutes or until top springs back when touched. Invert cake onto towel sprinkled with powdered sugar, remove paper and roll cake into a cylinder. Cool. **Filling:** Blend cornstarch and sugar in small saucepan. Stir in lemon juice, peel and water.

(continued)

Bring to boiling over medium heat and cook, stirring until thick and clear. Stir 2 tablespoons of thickened lemon mixture into egg. Stir egg mixture back into lemon mixture. Cook, stirring over low heat 1 minute. Stir in butter until melted. Cool to room temperature. Fold whipped cream into lemon mixture. Unroll cake, spread with lemon filling and distribute berries over filling. Reroll cake, cover and chill at least 2 hours. Dust with powdered sugar and cut cake roll into slices. Serve with additional berries on the side. Serves 10.

COOKIES AND CREAM CHEESECAKE

Debi Cordes

Crust:

2 c. crushed Oreos
6 T. margarine

Mix cookie crumbs and margarine and press onto bottom and sides of 9-inch spring form pan.

Filling:

1 envelope unflavored gelatin
1/4 c. cold water
1/2 c. sugar
3/4 c. milk
1 (8-oz.) pkg. cream cheese
1 c. whipping cream, whipped
1 1/4 c. chopped Oreos

Soften gelatin in cold water and stir over low heat until dissolved. Beat cream cheese and sugar at medium speed with electric mixer until well blended. Gradually add gelatin and milk. Refrigerate until slightly thickened. Fold in whipped cream. Reserve 1 ½ cups cream cheese mixture. Pour remaining mixture over crust. Top with 1 1/4 cups chopped cookies and then pour reserved cream cheese mixture on top. Refrigerate. Serves 8-10.

CHOCOLATE PAN CAKE

Donna Hughes

2/3 c. salad oil
2-3 envelopes Redi-blend chocolate
2 eggs
2 c. sugar
2 1/2 c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. vanilla
1 1/2 c. water
3/4 c. chocolate chips
1 c. chopped walnuts

Put all ingredients into a bowl and mix well. Pour into 13 x 9 x 2-inch pan. Sprinkle with chocolate chips and nuts. Bake in 350° oven for 45 minutes. Great quick cake from scratch that's good for picnics and potlucks.

JILL'S FAVORITE CARROT CAKE

Shirley Storch-Sherman

3 c. white flour
3 c. sugar
1 tsp. salt
1 T. baking soda
1 T. cinnamon
1 1/2 c. oil
4 eggs
1 T. vanilla
1 1/2 c. chopped walnuts
1 1/2 c. shredded coconut
1 1/3 c. pureed cooked carrots
3/4 c. crushed pineapple, drained

Beat oil, eggs and vanilla. Add dry ingredients. Fold in walnuts, coconut, carrots and pineapple. Pour batter in greased and floured cake pans (round cake pans or bundt pan) and bake in 350° oven for 30-35 minutes (if rounds used) or 1 hour (if bundt used). Test for doneness in center of cake. Cool on cake rack for 2-3 hours.

Cream-Cheese Frosting:

1 (8-oz.) pkg. cream cheese, softened
6 T. butter, softened
3 c. powdered sugar
1 tsp. vanilla
1 tsp. almond extract
1 tsp. lemon juice (optional)

Cream together cream cheese and butter. Add sugar and continue beating until all lumps are gone and frosting is light and fluffy. Add flavorings and frost cake. Cake freezes well with frosting if wrapped tightly to prevent freezer burn.

CHRIS' CARROT CAKE

Chris Patopea

1 1/2 c. vegetable oil
2 c. sugar
4 eggs
1 (8-oz.) can crushed pineapple
1 c. chopped walnuts
2 c. shredded carrots (don't peel)
2 tsp. cinnamon
2 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. salt
1 1/2 c. wheat flour
1/2 c. white flour

Mix oil, sugar, eggs and add pineapple and walnuts. Add cinnamon, baking powder and soda, salt, flours then carrots. Mix together well and pour in well greased and floured bundt pan. Bake at 350° for 50-60 minutes depending on oven.

Frosting:

1 (8-oz.) pkg. cream cheese
1/2 c. butter
1 box powdered sugar
1 tsp. vanilla and 1 tsp. almond extract

Cream cheese and butter, add sugar and extracts. Beat well and frost on cooled cake.

CARROT CAKE

Kathleen Marks

2 c. flour
2 tsp. baking powder
1 tsp. salt
1 1/2 tsp. baking soda
2 tsp. cinnamon
2 c. sugar
1 1/2 c. vegetable oil
4 eggs
2 c. grated carrots
1 (8 3/4-oz.) can crushed pineapple, drained
1 c. chopped nuts

Sift together flour, baking powder, baking soda, salt and cinnamon. Add sugar, oil and eggs and mix well. Stir in carrots, pineapple and nuts. Bake at 350° for 35-40 minutes in a greased 9 x 13-inch pan.

Cream Cheese Frosting:

1/2 c. butter
1 (8-oz.) pkg. cream cheese, softened
1 tsp. vanilla
1 lb. powdered sugar

Cream together butter, cheese and vanilla. Add sugar gradually, beating until creamy. If too thick, thin with milk until spreadable. Frost cooled cake.

FRESH APPLE CAKE

Maxine Zemko

4 c. dried fresh apples
2 c. sugar
1/2 c. oil
2 eggs
2 c. nuts (optional)
1 tsp. salt
2 c. flour
2 tsp. vanilla
1 tsp. ginger
1/2 tsp. cloves
2 tsp. cinnamon
2 tsp. baking soda

Mix wet ingredients and sugar. Add spices, soda and flour and mix. Bake at 350° in 9 x 13-inch pan for 1 hour. Great for potlucks.

TWO POTLUCK CAKE TOPPINGS

Maxine Zemko

1

Before baking, mix 1/2 cup sugar and 1 teaspoon cinnamon and sprinkle over cake.

2

Cream Cheese Frosting:

1/4 lb. (1 stick) unsalted butter, room temperature
16 oz. cream cheese, room temperature
2 c. powdered sugar
2 tsp. vanilla or rum

Mix up and spread over cake.

FLORENTINE CORNMEAL POUND CAKE

Amor Polenta

Jane Hill-Littlejohn

2/3 c. butter, softened
2 2/3 c. sifted powdered sugar
1 tsp. vanilla
2 T. powdered sugar for dusting
2 eggs plus 1 egg yolk
1 1/4 c. sifted cake flour
1/3 c. yellow cornmeal

Beat butter and powdered sugar until mixed. Add eggs and yolk and beat until fluffy. Mix cake flour and cornmeal together and gradually add to creamed mixture and mix well. Grease and flour tube pan or loaf pan and spoon batter into pan evenly. Bake in 325° oven for about 1 hour and 15 minutes or until toothpick inserted comes out clean. Cool in pan for 3 minutes, then invert onto wire rack. Sift the 2 tablespoons powdered sugar over cake and continue cooling completely. Slice thinly for serving. Cake freezes well without powdered sugar on top. Almond or lemon extract may be substituted for vanilla.

CROSS SOUND CAKE

Jill Stevens

1 (1 lb. 2-oz.) yellow cake mix
1 (3 3/4-oz.) pkg instant French vanilla pudding mix
4 eggs
1 c. sour cream
1/2 c. vegetable oil
1/2 c. cream sherry
1/4 c. poppy seeds

Moosh all ingredients together except poppy seeds in a large bowl. Beat at medium speed for 4 minutes. Add seeds and mix for another minute. Pour into greased bundt pan or angel food cake pan

(continued)

and bake at 350° for 1 hour. Cool over rack for 15 minutes. Turn out on to plate and dust with powdered sugar. Cool before cutting.

MOM'S CHEESECAKE

Donna Hughes

Crust:

1 1/2 c. fine graham cracker crumbs
1/2 c. soft butter
1/3 to 1/2 c. sugar

Press into spring form pan and chill in freezer for at least 15 minutes while preparing batter.

Filling:

24 oz. cream cheese, softened
5 eggs
1 c. sugar
1 T. flour
1/4 tsp. salt
3/4 tsp. vanilla

Mix and pour into chilled pan. Bake in 325° oven for 50-60 minutes. Cool 20 minutes on a rack.

Topping:

1 1/2 c. sour cream
2 T. sugar
1/2 tsp. vanilla

Mix and pour on cooled cheesecake and bake in 350° oven for 10 minutes. I like to prepare a day ahead or early in morning for same day.

BEA'S CHEESECAKE

Maxine Zemko

Crust:

1 1/2 c. crushed graham crackers
1/4 c. sugar
1/4 c. melted butter

Mix and press into big pie plate.

Filling:

16 oz. cream cheese, room temperature
2 eggs
2/3 c. sugar
1 tsp. vanilla

Beat and pour into crust. Bake at 350° for 20 minutes. Remove from oven and cool 15 minutes while preheating oven to 425°.

First Topping:

1 c. sour cream
2 T. sugar
1 tsp. vanilla

Mix and pour over top. Bake at 425° for 10 minutes.

(continued)

Second Topping:

Fruit, as desired

Bea DeCaprio was ICU ward secretary through the seventies and early eighties. She could be quite a crusty dame at times, but she was a great baker and loved to bring in all sorts of goodies for her girls.

JOEL'S CHEESECAKE

Joel Gelman, M.D.

Crust:

1 c. flour
1/4 c. sugar
1 tsp. lemon peel
1/2 c. margarine or butter, melted
1 slightly beaten egg yolk
1/4 tsp. vanilla

Filling:

5 (8-oz.) pkgs. cream cheese
1/4 tsp. vanilla
3/4 tsp. grated lemon peel
1 3/4 c. sugar
3 T. flour
1/4 tsp. salt
5 eggs or 1 c. eggs
2 egg yolks
1/4 c. whipping cream

Combine crust ingredients and press into greased springform pan. Let cream cheese reach room temperature. Beat cheese until creamy. Add vanilla and lemon peel. Mix in sugar, flour and salt gradually. Add eggs, 1 at a time. Stir in whipping cream. Bake at 450° for 12 minutes, reduce heat to 300° and bake for additional 55 minutes. Cool before removing from spring form ring.

P.M.S. CAKE # 1

Maxine Zemko

1 lg. pkg. instant chocolate pudding mix
1 pkg. double fudge chocolate cake mix

Mix both powdered brew, then mix up according to cake package direction, using recipe that includes eggs and oil. Bake according to package directions in 10 x 13-inch pan. Cool. Then mix up and frost cake with:

16 oz. cream cheese, room temperature
1/2 c. milk
2 c. chocolate chips

P.M.S. CAKE # 2

Maxine Zemko

1 pkg. double fudge chocolate cake mix
1 (1 1/4-lb.) pkg. Oreo cookies

Mix cake mix according to package recipe using eggs and oil. Break up cookies, add to mix and blend well. Pour into bundt pan. Bake according to package directions. Turn onto rack and cool. Place on plate, dust with powdered sugar. Rich, sickening and great for snarly moods.

CREAM CHEESE COOKIES

Lynne Sitarsky

1 c. butter
1 (8-oz.) pkg. cream cheese
1 c. sugar
1 egg
1 tsp. vanilla
2 T. milk
1/4 tsp. salt
2 c. flour
1/2 c. coconut
1/2 c. nuts

Cream butter, cream cheese and sugar together. Add egg, vanilla and milk. Add salt, flour, coconut and nuts. Drop on greased cookie sheet. Bake in 300-325° oven for 10-15 minutes.

BANANA OATMEAL COOKIES

Jane Hill-Littlejohn

1 1/2 c. flour
1 c. sugar
1/2 tsp. baking soda
1 tsp. salt
1/4 tsp. nutmeg
3/4 tsp. cinnamon
3/4 c. shortening
1 egg
1 3/4 c. quick-cooking oats
1 c. ripe mashed bananas
1/2 c. chopped nuts

Sift flour, sugar, baking soda, salt, nutmeg and cinnamon into mixing bowl. Cut in shortening. Add egg, bananas, oats and nuts. Beat until blended. Drop by teaspoon onto cookie sheet. Bake at 350° for about 15 minutes or until done.

COCONUT MACAROONS

Nenette Rivera

2/3 c. sweetened condensed milk
3 c. shredded coconut
1 tsp. vanilla

Mix milk, coconut and vanilla. Drop by teaspoonfuls onto well-greased baking sheet about 1 inch apart. Bake at 350° until brown (8-10 minutes). remove from pan at once.

OLD FASHION OATMEAL COOKIES

Cheryl McDaniel

3 eggs
2 c. sugar
1 c. butter
1 c. sweet milk
3 c. old fashion oats
3 c. flour
2 tsp. cinnamon
1 tsp. soda
1 c. nuts, raisins or dates

Cream butter and sugar. Add eggs. Sift flour, soda and cinnamon together. Add milk alternately with flour and oats. If not stiff enough, add more flour and oatmeal. Drop and bake at 400° for 10-15 minutes.

NO-PIE PIE COOKIES

Maxine Zemko

1 pkg. Pepperidge Farm puff pastry sheets
1/4 lb. (1 stick) butter, melted
1/2 c, sugar mixed with 1 tsp. cinnamon

Open up frozen pastry sheets, allowing to break along fold lines. Arrange resulting rectangles on cookie sheet. Brush with butter, sprinkle generously with sugar/cinnamon mixture. Cut into 1 or 2-inch fingers with pastry or pizza cutter. Bake at 350° for 15-20 minutes. If fingers haven't puffed up, they need about 5 more minutes of baking. Cool a bit before serving. Should be eaten the same day, as the butter makes them stale by the following day.

HOPSCOTCH COOKIES

Lynne Sitarsky

1/2 c. peanut butter
6 oz. butterscotch morsels
3 oz. chow mein noodles
2 c. miniature marshmallows
1/2 c. peanuts

Heat peanut butter and butterscotch morsels until melted and easily blended. Add chow mein noodles, marshmallows and peanuts. Stir until well coated. Drop on waxed paper. Let set. Variations: Substitute chocolate chips for butterscotch morsels. Add raisins. Use chunky peanut butter.

CHEWY BROWNIE COOKIES

Shirley Storch-Sherman

8 oz. semi-sweet chocolate chips
3 T. butter
1/4 c. all-purpose flour
1/4 tsp. baking powder
Pinch salt
2 eggs
3/4 c. sugar
1/2 tsp. vanilla
1 c. chocolate chips (milk or semi-sweet)
2 1/4 c. chopped pecans or walnuts

Line cookie sheets with **parchment** paper. Melt 8 ounces semi-sweet chips and butter over low heat, stirring until smooth. Can be melted in microwave. Sift together flour, baking powder and salt and set aside. Beat eggs, sugar and vanilla until combined. Slowly beat in cooled chocolate mixture, then the dry ingredients until blended. Stir in chips and nuts. Drop 1 teaspoon full of batter 1 inch apart on cookie sheet. Bake in 350° oven for 10-12 minutes but **do no overbake**! Remove from oven and cool on cookie sheet first. Can be stored or frozen well.

LEMON SQUARES

Cindi Knight

1 1/2 c. flour
1/2 c. margarine
1/3 c. powdered sugar
2 eggs
1 c. sugar
1/2 tsp. baking powder
2 tsp. lemon peel, grated
2 T. lemon juice

Mix flour, margarine and powdered sugar and press into 8 x 8 x 2-inch pan. Bake in 350° oven for 20 minutes. Beat eggs, sugar, baking powder, lemon peel and juice until fluffy and pour over hot crust and bake additional 25 minutes. Cool and cut into squares.

FINNISH TEA CAKES

Maxine Zemko

2 3/4 c. flour
2 c. butter, room temperature
1 c. walnuts, chopped
1/2 tsp. almond extract
2 tsp. ground cardamon
Pinch salt
1 1/2 c. powdered sugar

Throw it all in a very large bowl or dishpan. Knead with hands until it turns from flour to sticky dough (quick transition, once it decides to happen). Shape into 1-inch balls, bake on cookie sheet at 350° for 20 minutes. Cool. May freeze. Before serving, roll in powdered sugar. Those of us whose mongrel ancestry leads from Mongolia down through Lapland into Finland and Russia find the cardamon in these cookies as compelling as catnip is to cats.

DEBI'S SUGAR COOKIES

Debi Cordes

2 c. flour
1 1/2 tsp. baking powder
2/3 c. butter
3/4 c. sugar
1 egg
1 T. milk
1 tsp. vanilla
1/4 tsp. salt
Raspberry Jam

Stir dry ingredients together and set aside. Mix softened butter and sugar until fluffy. Add egg, milk and vanilla and beat well. Add dry ingredients, cover and chill for at least 3 hours. Work with only 1/2 of dough at a time. Roll out to 1/8-inch thickness and cut into circles with 1/2 of them with a hole in the center. Place 2 layers together and fill well with raspberry jam. Bake in 375° oven for 8-10 minutes. Frost with frosting below:

Cream Cheese Frosting:

1/4 c. melted butter
3 oz. cream cheese
3 T. milk
4 c. powdered sugar

Combine melted butter and softened cream cheese, milk and powdered sugar. Beat until smooth. Color with food coloring as desired and frost cooled cookies. For Christmas: green frosting with red sprinkles and cinnamon candies and decorate as wreaths.

ALMOND ZEBRA BROWNIES

Shirley Storch-Sherman

12 oz. cream cheese, softened
1/4 c. sugar
1 egg, beaten
1 tsp. vanilla
1 tsp. almond extract
1 (22-oz.) pkg. brownie mix
1/2 c. sliced almonds

Make brownie mix as directed on box. Mix rest of ingredients together including almonds with a spoon until smooth. Spread brownie batter in greased pan. Pour cream cheese mixture over top and swirl into brownie mixture with knife to make marbled effect. Bake in 350° oven for 30 minutes. Cut into bars when cooled.

ALMOND-ROCA COOKIE

Becky Walsh

1/2 c. white sugar
1/2 c. brown sugar
1 c. butter
1 egg yolk
1 tsp. vanilla
1 c. flour
1/2 tsp. flour
Largest Hershey milk chocolate bar, melted
Finely chopped almonds

Mix sugars, butter, egg yolk and vanilla together. Add flour and salt after sifted together. Spread mixture in a jelly roll pan thinly and flatten out. Bake at 325° for 25 minutes or until lightly brown. While still hot, spread melted chocolate over cookie base. Sprinkle with almonds. When cool, cut into squares. Yummy cookies! My mom's specialty at Christmas. Makes great gifts in tins.

GRAHAM CHEWIES

Lynne Sitarsky

1 pkg. yellow cake mix
1/4 c. milk
1/2 c. margarine or butter, softened
2 T. honey
2 eggs
1 c. graham cracker crumbs
2 c. miniature marshmallows
3/4 c. chopped nuts

Combine 2 cups cake mix, margarine, milk, honey and eggs and mix until moistened and then beat at medium speed for 1 minute. Add remaining cake mix and graham cracker crumbs and combine at low speed. Mix in marshmallows and nuts. Spread in greased and floured 9 x 13-inch pan and bake in 350° oven for 25-35 minutes or until golden brown. Cool completely and cut into bars. Makes 36 bars.

ALMOND BARS

Lynne Sitarsky

Crust:

1 c. butter, softened
3 T. shortening
Pinch salt
1/2 c. powdered sugar
2 c. flour

Topping:

4 eggs, beaten
2 c. granulated sugar
1/3 c. flour
3 T. almond extract

Combine crust ingredients and mix well. Press into 9 x 13-inch pan. Bake at 350° for 15 minutes, until nicely browned. Combine flour and sugar of topping ingredients. Mix in beaten eggs and almond extract. Pour into slightly cooled crust and bake at 350°

(continued)

for 25 minutes. Cool and sprinkle with powdered sugar. (For lemon bars, substitute 6 tablespoons lemon juice for almond extract.)

STREUSEL FRUIT BARS

Bertha Hanson

1 c. brown sugar
3/4 c. margarine
1 1/2 c. flour
1/2 c. oats
6 oz. dried fruits
2/3 c. orange juice
1 c. chopped banana
1 tsp. cinnamon
1/8 tsp. ginger
1/8 tsp. nutmeg

Beat brown sugar and margarine until fluffy. Add flour and oats to creamed mixture until crumbly. Set aside 1 cup of mixture. Press remaining into 9 x 13-inch pan. Bring dried fruits and orange juice to a boil. Add banana, cinnamon, ginger and nutmeg. Spread evenly over base. Sprinkle remaining crumble mixture over and bake in 400° oven for 20 minutes or until done.

CHOCOLATE KAHLUA BARS

Cindi Knight

1 1/4 c. flour
3/4 tsp. baking powder
1/2 c. margarine
2/3 c. packed brown sugar
1 egg
1/4 c. Kahlua
1 c. milk chocolate chips

Sift flour with baking powder. Cream butter, sugar and egg. Add Kahlua. Blend in flour mixture and chocolate chips. Spread into well-greased baking sheet. Bake in 350° oven for 35 minutes.

RASPBERRY BUTTERCREAM BARS

Lynne Sitarsky

Base:

1 c. flour
1/4 c. powdered sugar
1/2 c. butter
1/2 c. walnuts

Mix ingredients except walnuts until crumbly. Add walnuts and press into 9 x 13-inch pan. Bake in 350° oven for 12 minutes.

Topping:

2/3 c. raspberry preserves
2 c. powdered sugar
3/4 c. butter
2 eggs
1/4 c. walnuts

Beat butter, sugar and eggs until light and fluffy. Spread preserves over base. Carefully spread topping over preserves and sprinkle with walnuts. Refrigerate.

RASPBERRY BROWNIES

Mike Lippman, M.D.

Brownies:

1 c. (2 sticks) unsalted butter, room temperature
1 1/4 c. sugar
1/2 c. firmly packed golden brown sugar
4 lg. eggs
1/2 c. unsweetened cocoa powder
1 T. Framboise eau-de-vie (clear raspberry brandy) or brandy
1 tsp. vanilla extract
1/4 tsp. salt
1 1/4 c. unbleached all-purpose flour
1/2 pt. fresh raspberries

Glaze:

4 oz. semi-sweet chocolate, chopped
2 T. Framboise eau-de-vie (clear raspberry brandy) or brandy
2 tsp. hot water
Powdered sugar

For Brownies: Preheat oven to 325°. Grease 9 x 13-inch pan. Beat a cup butter, sugar and brown sugar in large bowl until fluffy. Add eggs 1 at a time, beating well after each addition. Stir in cocoa, framboise, vanilla and slat. Gently mix in flour. Pour batter into prepared pan. Sprinkle raspberries evenly over batter. Bake until tester inserted into center of brownies comes out clean, about 30 minutes. Cool completely in pan on rack. **For Glaze:** Combine chocolate, framboise and water in top of double boiler. Set over barely simmering water and stir until smooth. Cool slightly. Cut brownies into 3 x 2-inch bars. Sift powdered sugar lightly over brownies. Dip fork into glaze and drizzle glaze decoratively over brownies. Let stand until glaze sets, about 30 minutes. (Can be prepared 8 hours ahead. Cover and store at room temperature.) Transfer brownies to plate and serve.

GRANDMA LOTTIE'S PEANUT CANDY

Christine Wojnarowicz

1 bottle dark Karo syrup
1 1/2 c. granulated sugar
1 T. butter
1 T. vinegar
16 oz. peanuts (coarsely ground)

Boil Karo syrup, sugar, butter and vanilla slowly for 45 minutes minimum. Add vinegar and mix. Take a teaspoon of the syrup and drop into a cup of cold water. If it becomes crisp or brittle, the candy is at the correct stage to add peanuts. If it is still soft, boil for another 15 minutes, then add peanuts and stir. Pour into a 9 x 12-inch pan. Cool. Break into small pieces.

CHOCOLATE PEANUT BUTTER CUPS

Cindi Knight

1 c. peanut butter
1/2 c. light corn syrup
1 tsp. vanilla
2 c. powdered sugar
2 (12-oz.) pkgs. milk chocolate chips, melted

Stir together peanut butter, corn syrup and vanilla. Add sugar and mix until smooth. Press into 1/2-inch thick by 1-inch rounds. Spoon 1 teaspoon melted chocolate into 1-inch foil paper cup. Place peanut butter round into cup and cover with another 1 teaspoon melted chocolate. Chill until firm.

FAKE FRANGOS

Christine Wojnarowicz
Julie Gorveatt

1/2 c. butter
1 1/2 c. powdered sugar
2 eggs
2 c. chocolate chips
2 tsp. vanilla
3 capfuls of extract (mint, vanilla or rum)

Cream butter and sugar together. Add eggs and beat well. Melt and cool chocolate chips. Add melted chocolate and vanilla to creamed mixture and beat until smooth. Add flavor of choice and mix well. Pour into an 8 x 9-inch pan lined with waxed paper. Chill and cut into squares.

TRUFFLES

Jill Stevens

8 (1-oz.) squares semi-sweet chocolate
1/3 c. milk
1/3 c. unsalted butter
2 egg yolks, slightly beaten
1/4 tsp. vanilla extract

Coating:

1/4 c. unsweetened cocoa
1/4 c. confectioners' sugar
1 T. cinnamon (optional)

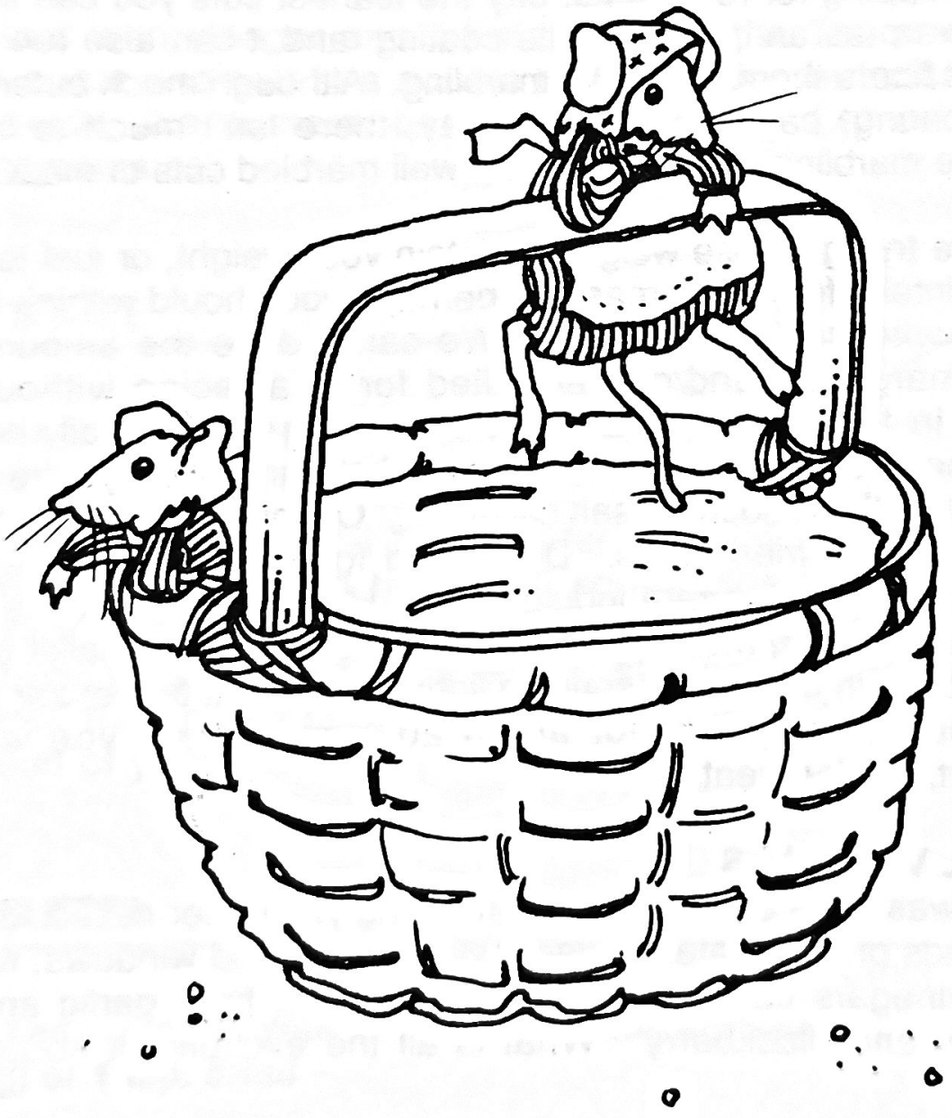
In saucepan melt chocolate with milk and butter over low heat, stirring until smooth. Remove from heat and stir 1/4 of chocolate into egg yolks, then whisk yolks into remaining chocolate. Add vanilla and pour into small bowl, cover and refrigerate until firm (at least 4 hours). Combine coating ingredients until thoroughly blended. Shape teaspoonfuls of chilled chocolate into round balls, then roll in cocoa mixture. Store in refrigerator in airtight container. Reroll in cocoa mixture if desired. Makes 3/4 pound or about 2 1/2 dozen of truffles. About 65 calories each. This recipe can be adapted to include liqueurs, substituting portions of semi-sweet chocolate with bittersweet chocolate to compensate for the liqueur

(continued)

sweetness. Omit milk and substitute with 1/3 cup liqueur (or vary proportions to taste). The butter tends to separate out when liqueurs are used (I don't know why), but can easily be worked back when shaping the candies. Substitute 8 squares of semi-sweet chocolate with 4 squares of semi-sweet plus 4 squares of bittersweet or 6 square of semi-sweet plus 2 squares of bittersweet.

Recipe Favorites

This & That



Helpful Hints

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

TACO SEASONING

Cindi Knight

4 T. chili powder
1 T. flour
3 T. ground cumin
2 T. oregano
3 tsp. crushed, dried red pepper
1 tsp. onion powder
1/2 tsp. cayenne

Blend all ingredients together. Store in an airtight container and use as needed.

GOURMET HOT MUSTARD

Alix O'Donnell

1 (4-oz.) can dry mustard
1 c. cider vinegar
1 1/2 c. mayonnaise
2 eggs
1 c. sugar
Salt

Mix mustard with vinegar and let stand overnight. The next day, put eggs, sugar and salt in a double boiler. Cook over boiling water until thick, like custard, beating occasionally. Let cool and beat in mayonnaise.

SORREL SAUCE

Cindi Knight

2 bunches sorrel or spinach
1/4 c. water
3-4 T. margarine
1 c. water

Rinse sorrel or spinach. Boil 1 cup water and add sorrel. Reduce heat to medium, cover and heat until sorrel wilts and begins to change color. Drain, but save water. Melt the margarine and add half the cooking water. Add the sorrel, stirring until leaves are tender. Cool, then puree until mixture is smooth and thick. Serve over hot fish of your choice.

HERBED BUTTER

Cindi Knight

1 T. fresh herbs (any of your choosing) or 1 tsp. dried herbs
1/4 c. butter, softened

Mix herbs with the butter until smooth. Pack into small dishes or make butter balls to serve.

RASPBERRY-GINGER VINEGAR

Jill Stevens

1 T. honey
1 (12-oz.) bottle white or red wine vinegar
3 c. raspberries
1 (2-inch) long piece of fresh gingerroot, unpeeled and thinly sliced

In a small saucepan, dissolve honey in 1/4 cup vinegar over low heat. In a glass bowl, combine the honey mixture, the remaining vinegar, raspberries and ginger. Cover with plastic wrap and let sit for 4 days. Strain the vinegar and pour into glass bottles; keep refrigerated. This vinegar can be used in vinaigrettes and is especially good on green salads with the addition of fresh berries; sprinkled on fruit salads; or used in chicken salad with lots of fresh ginger. It can also be combined with plain or vanilla yogurt for a creamy fresh fruit dressing.

VINEGAR

Lynne Sitarsky

Nasturtium:

3 washed nasturtium blossoms
White cider vinegar

Place chopped nasturtium blossoms into a clean bottle. Fill the bottle with vinegar. Allow to sit for 3 months. This has a peppery flavor.

Garlic Variations:

Any combination of the following:

Garlic cloves
Dill weed
Onion slices
Tarragon
Sage
Parsley
Peppercorn

Fill bottles with any of the herbs, or combination of the herbs and add vinegar. Allow mixture to sit 3 weeks. May use glass salad dressing bottle or purchased bottle. These vinegars may be used with oil and water for use as a salad dressing, or as a substitute for any vinegar called for in other recipes.

GLAZED NUTS

Lynne Sitarsky

4 c. nuts
1/2 c. water
1/2 tsp. salt
1 c. sugar
1 tsp. cinnamon
1 1/2 tsp. vanilla

Place nuts on a cookie sheet and bake at 375° for 5 minutes. Combine salt, sugar and cinnamon with water. Cook in pan over medium-high heat until mixture reaches 235°. Beat mixture for 1 minute. Add vanilla. Pour mixture over nuts and stir quickly. Let cool.

SPICY MEXICAN JERKY

Bertha Hanson

1 to 1 1/2 lbs. flank steak, partially frozen
2 T. water
2 T. soy sauce
1 tsp. salt
2 cloves garlic, pressed
1/8 tsp. cayenne
1 tsp. ground cumin
1 1/2 tsp. chili powder

Trim and discard all fat from the steak. Slice the meat into strips 1/8-inch thick and as long as possible. In a bowl, mix the water, soy sauce, salt, garlic, cayenne, cumin and chili powder. Add the meat strips, mixing well. Cover and marinate several hours to overnight. Shake any excess marinade off of meat strips and arrange them close together on racks set in 2 rimmed, foil-lined 9 x 13-inch baking pans. Dry meat in 180° oven for 5-6 hours, or until meat has turned a dark brown and feels dry. Pat off any beads of oil. Cool and remove from racks, storing in airtight containers.

RED CHILI DRESSING

Cindi Knight

3/4 oz. California chilies
3/4 c. water
6 T. cider vinegar
2 T. sugar
1 T. fresh ginger, grated

Remove seeds and stems from chilies; rinse and cut into 1/2-inch strips. Boil strips in water. Remove from heat and let chilies soak 5 minutes or until soft. In a blender, combine chilies and remaining ingredients. Blenderize until smooth. Keep refrigerated for up to 1 week.

PRE-SWEETENED MILK

Alix O'Donnell

1 c. hot water
2 c. sugar
1/4 cube margarine
4 c. instant dry milk

Put all ingredients in a blender; blenderize until smooth. 1 1/3 cup of this mixture is equivalent to 1 can of sweetened condensed milk. Keep refrigerated.

CARAMEL POPCORN (Just like at the fair)

Jane Hill-Littlejohn

4 qts. freshly popped corn
1/2 c. margarine
1/2 tsp. salt
1/2 tsp. vanilla
1 c. packed brown sugar
1/2 c. light corn syrup
1/2 tsp. soda

Put popped corn in a large roasting pan, In a heavy saucepan mix sugar, syrup, margarine and salt. Stir over medium heat until boiling. Continue boiling without stirring for 5 minutes. Remove from heat, stir in vanilla and soda. Pour mixture over popcorn, stirring to coat well. Bake in preheated oven at 250° for 1 hour, stirring several times. Spread on waxed paper to let cool. Break apart and store in tightly covered container. Makes 16 cups. Better than store bought!

POPCORN BALLS

Lynne Sitarsky

1 pkg. Jello gelatin, flavored
1/2 c. margarine
1 1/2 pkg. mini marshmallows
6-10 c. popped corn

Combine above ingredients in a double boiler and melt over low heat. Pour over popcorn and then form into balls using buttered hands.

GORILLA GOOP

Lynne Sitarsky

1 c. peanut butter
2 sm. bananas
1/4 c. cinnamon
1/4 c. coconut, shredded
1/2 c. raisins

Mix all ingredients together. Store in an airtight container and keep refrigerated. Good with crackers, apples or celery. A great recipe for the kids to make!

LIGHT RANCH DRESSING

Roxanne Carlton

2 c. yogurt, plain, non-fat
1/4 tsp. reduced calorie mayonnaise
1/2 tsp. garlic powder
1 tsp. onion, dried
1/4 tsp. paprika
1/2 tsp. onion salt
2 tsp. parsley, fresh, chopped
1/4 tsp. black pepper
1/2 tsp. dill weed
1/2 tsp. celery salt
1/4 tsp. Italian seasoning

Combine all ingredients and mix well. Keep refrigerated in an air-tight container.

RUSSIAN DRESSING

Lynne Sitarsky

1 (10 3/4-oz.) can tomato soup
1/4 c. vinegar
1/2 tsp. garlic powder
Salt and pepper to taste
1/8 c. sugar, to taste

Mix all ingredients in a jar and shake until well mixed. Store in refrigerator.

PEANUT BUTTER SAUCE

Cindi Knight

1/2 c. peanut butter
1 c. water
1 clove garlic, pressed
1 tsp. fresh ginger, grated
1/4 c. chicken stock
2 red chilies, dried and torn into bits
2 T. soy sauce
1/4 c. lemon juice
1 tsp. chili oil

Heat peanut butter and water over low heat, stirring until smooth. Add other ingredients mixing well. Cook 10 minutes. Serve over grilled meat, fish or steamed vegetables.

CRANBERRY SAUCE

Roby Naimi

1 med. onion, chopped
2 T. oil
1 can cranberry sauce

Saute onion in oil until golden brown. Add cranberry sauce and mix well. Simmer 10 minutes. Serve over rice. May substitute 1 bag fresh cranberries plus 1 cup sugar instead of cranberry sauce.

ROQUEFORT DRESSING

Maxine Zemko

5 oz. Roquefort cheese, room temperature
3 oz. cream cheese, room temperature
1 c. sour cream
1 c. mayonnaise
2 T. vinegar
2 T. parsley, chopped
2 cloves garlic, minced
1/2 tsp. salt
1/8 tsp. pepper

Blend until smooth. And anyone who says Roquefort cheese and bleu cheese are the same knows nothing about cheese. Roquefort is wonderful stuff. Bleu cheese by comparison tastes like kerosene.

MOM'S FRENCH DRESSING

Maxine Zemko

1 c. oil
1/2 c. catsup
1/2 c. vinegar
1/3 c. sugar
1 tsp. salt
1/2 tsp. paprika
1/2 tsp. dry mustard
1 T. Worcestershire sauce
1 clove garlic, minced
1 tsp. onion, minced

Mix. Using an egg beater will produce a dressing that is richly red, but separates. Using a food processor will produce a salsa consistency. Using a blender will produce a creamy dressing that doesn't separate. Chefs choice.

HOMEMADE VEGETARIAN SPAGHETTI SAUCE

Melinda Etscheid

1 med onion
1 green pepper
1 T. garlic, minced
1/8 c. fresh basil
1 lb. mushrooms, fresh
1 can black olives
2 cans tomato sauce
1 can whole tomatoes
2 T. oregano

Saute onions and peppers in canola oil until onions are clear and peppers are tender. Add tomato sauce and whole tomatoes. Simmer. Add basil and oregano.

SALSA FRESCA

Cindi Knight

4 med. tomatoes, peeled and chopped
1/2 c. onion, chopped
2 jalapeno chilies, seeded and minced
1 avocado, chopped
1 tsp. olive oil
1 tsp. vinegar
1 tsp. lime juice
1 tsp. oregano

Mix tomatoes, onion, chilies and avocado in a medium bowl. Add oil, vinegar, lime juice and oregano. Mix well and let stand for 2-3 hours.

AVOCADO-PAPAYA SALSA

Cindi Knight

2 avocados
1 papaya
1/4 c. lime juice
2 tomatoes, chopped
3 green onions, sliced
2 T. sugar
2 T. olive oil
1 T. parsley
1 tsp. basil
Several dashes Tabasco sauce

Seed, peel and chop avocados and papaya. Toss avocados and papaya with lime juice. Add all other ingredients and blend well. Cover and chill. Serve with chicken or fish.

DRIED CORN

Bertha Hanson

8 pts. unblanched corn (kernels trimmed off the cob)
1/2 c. heavy cream
4 tsp. table salt
6 T. sugar

Simmer all the above ingredients in a heavy kettle for 20 minutes. Stir constantly. Spread onto a baking sheet and put in warm oven (180°). Wedge the oven door open a crack for ventilation. Stir kernels periodically. When crisp and dry (18-24 hours), place in airtight container. To prepare for a meal, cover with water or milk and simmer at a low temperature for 20-25 minutes. Extra liquid may need to be added during cooking time, so frequent checks are necessary.

TANGY CHILI SAUCE

Bertha Hanson

4 Anaheim chili peppers, chopped
2 jalapeno chilies, chopped
8 lg. tomatoes, cored & chopped
1 lg. onion, chopped
4 cloves garlic
4 c. cider vinegar
1 c. sugar
1 T. salt
2 T. pickling spice

In a blender, mix the chilies, tomatoes, onion and garlic until smooth. Pour into a 5 quart kettle and add 2 cups vinegar, sugar, salt and pickling spice. Simmer, uncovered, over medium heat until mixture is reduced by half, about 1 1/2 hours, stirring often. Add the rest of the vinegar and simmer 30-45 minutes, or until the sauce is reduced to 1 quart. Remove from heat. Put the mixture through a mill. Pour sauce into a Ziplock bag after it is cooled and store in freezer. Makes 2 pints.

BARBECUE SAUCE

Lynne Sitarsky

1 gal. ketchup
2 lbs. brown sugar
1 sm. jar horseradish
1 (10-oz.) bottle Worcestershire sauce
1 clove garlic, crushed

Mix ingredients together and let stand overnight. Use as needed for barbecued foods.

SWEET CHILI SAUCE

Bertha Hanson

8 1/2 lbs. tomatoes, peeled, seeded and chopped
4 c. onions, chopped
4 1/2 c. brown sugar, firmly packed
1/4 c. salt
1 T. ground pepper
2 tsp. dry mustard
1 tsp. celery seeds
1 tsp. ground allspice
2 tsp. cinnamon
12 whole cloves
4 c. malt vinegar

Blenderize tomatoes and onions. In a large kettle, mix the tomatoes, onion, brown sugar, salt, pepper, mustard, celery seeds, allspice, cinnamon, cloves and vinegar. Simmer 2 1/2 hours, stirring occasionally. When the sauce is thickened, remove from heat and run through a food mill. Ladle the sauce into 4 pint size Ziplock bags and store in the freezer.

SPICY SAUSAGE STUFFING

Cindi Knight

1/2 lb. bulk spicy sausage
12 oz. box cornbread stuffing
1 c. margarine, melted
1 1/2 c. celery, chopped
1 c. onion, chopped
1 1/2 c. broth

Brown the sausage in a skillet over low heat. Drain off oil. Combine the stuffing with margarine, celery and onions. Add the broth and sausage. Stir well. Bake at 375° for 35-40 minutes.

OYSTER DRESSING

Lynne Sitarsky

3 c. bread crumbs
1/2 c. onions, chopped
1/2 c. celery, diced
1/2 c. green peppers, diced
1 (4-oz.) jar oysters

Combine all ingredients in a bowl. Place in a greased casserole dish. Bake at 350° for 40 minutes. Do not bake inside a chicken or turkey.

MARSHMALLOW FRUIT DIP

Lynne Sitarsky

1 (12-oz.) jar marshmallow creme
1 (8-oz.) pkg. cream cheese
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Allow cream cheese to come to room temperature. Mix the cheese with marshmallow creme, adding the spices. Mix until smooth in a blender. Serve with bite-size pieces of fruit.

RED PEPPER JELLY

Bertha Hanson

1 1/2 c. sugar
2 sm. red peppers, seeded and diced
6 T. cider vinegar
1/2 packet Certo

Combine the sugar, red peppers and vinegar in a small pan. Heat to boiling and boil for 10 minutes. Add Certo and continue cooling for 1 more minute. Pour into sterilized pint size jars. Allow to cool. Screw on lids. Store in refrigerator. Excellent as an accompaniment to pork loin roast.

SPICED BLUEBERRY JAM

Bertha Hanson

5 c. sugar
4 c. blueberries, crushed
3/4 tsp. cinnamon
3/4 tsp. cloves
3/4 tsp. allspice
2 T. lemon juice
1 pkg. pectin

Follow usual procedure for jam-making.

SPICED BLUEBERRY-WALNUT CONSERVE

Bertha Hanson

1 c. sugar
2/3 c. red wine vinegar
3/4 c. water
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. ground cloves
4 c. blueberries, washed and crushed
1/2 c. walnuts, chopped
1/4 c. crystallized ginger, chopped
1 pkg. pectin

In a large, heavy pan, combine sugar, vinegar, water, cinnamon, nutmeg and cloves. Slowly bring mixture to a boil, stirring until the sugar dissolves. Add blueberries and return mixture to a boil. Add pectin, walnuts and ginger. Bring to a hard boil for 1 minute. Fill 2 pint sized sterilized jars with the conserve and allow to cool for 20 minutes. Place airtight lids on the jars. Freeze.

SEEDLESS BLACKBERRY AND APPLE JAM

Bertha Hanson

6 c. blackberries, rinsed, drained
2-3 Granny Smith apples, chopped including skins and cores
1 1/2 c. water
1 pkg. liquid pectin
3 T. lemon juice
Sugar

Crush blackberries in a large pan. Stir apples and water into pan with blackberries and cook over medium-low heat, stirring frequently, until fruit is soft, 15-20 minutes. May add up to 1/2 cup water to prevent fruit from sticking to pan. Ladle hot fruit into food mill placed over a large bowl. Puree and discard seedy remnants. Rinse and dry pan then return fruit pulp to pan. Add lemon juice to taste and stir in sugar, 1/2 cup for every 1 cup pulp. Bring fruit mixture to a boil over medium-high heat, and cook for 1 minute. Remove from heat and add pectin, stirring well. Skim any foam off the surface of the jam. Allow to stand 10 minutes. Stir and remove any remaining foam. Ladle jam into sterilized jars, leaving 1/2-inch headspace. Cover with screw on lids. Place in freezer. Makes 5 half-pints.

Lynne Sltarsky

Flavor it all with essence of love
and a little dash of play,
a nice old book and a glance above
will complete a well spent day.
Author unknown

The South Umpqua Cookbook

Ladise of Myrtle Creek, 1916-1918

RECIPE FOR A HAPPY DAY

Lynne Sitarsky

A little dash of cold water,
A little leaven of prayer,
A bit of sunshine gold.
Dissolved in morning air.
Add to your meal some merriment,
and thought for kith and kin;
And then, as a prime ingredient,
a plenty of work thrown in.

ELEPHANT STEW

Donna Haigh

1 elephant
950 (10-oz.) cans brown gravy
1000 tsp. salt
Pepper to taste
2 rabbits (optional)

Cut elephant into bite-size pieces. This may take about 2 months. Cover with brown gravy. Cook over open fire for about 4 weeks at 465°. This will serve about 3,800 people. If more are expected, 2 rabbits may be added, but do this only if necessary as most people don't like to find hare in their stew.

STRESS RECIPE

Eve Gilluly-Kotts

Mix 1 part water with 1 part dirt. Mix thoroughly and throw against a wall. Repeat until laughing. Let sun bake for 30 days.

DOGGIE BISCUITS

Cindi Knight

2 2/3 c. whole-wheat flour
1/2 c. instant dry milk
1/2 tsp. garlic powder
6 T. meat drippings
1 egg, beaten
1 tsp. brown sugar
1/2 c. water

Combine flour, milk, garlic powder and sugar. Stir in meat drippings until crumbly. Mix in egg; add enough water so that mixture forms a ball. Pat dough into 1/2-inch thick layer and cut into doggie biscuit shapes. Place onto lightly greased cookie pan. Bake at 350° for 25 minutes. Cool and serve to your favorite doggie!

A BLESSING OVER FOOD

Maxine Zemko

(Taken from the T.V. movie, "A Christmas Carol")

Lord, we thank You for the bounty You have placed before us. We thank You for this day of love and joy. We thank You for allowing is to be together, to share with each other, and with You, the fullness of our hearts on this special day.

Amen.

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COOKING TIPS

- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold - let stand for a least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking - add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- Used greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.

CALORIE COUNTER

Beverages

Apple juice, 6 oz. 90
Coffee (black/unsw.) 0
Cola type, 12 oz. 115
Cranberry juice, 6 oz. 115
Ginger ale, 12 oz. 115
Grape juice, (prepared from frozen concentrate), 6 oz. 142
Lemonade (prepared from frozen concentrate), 6 oz. 85
Milk
- protein fortified, 1 c. 105
- skim, 1 c. 90
- whole, 1 c. 160

Orange juice, 6 oz. 85
Pineapple juice, unsweetened, 6 oz....95
Root beer, 12 oz. 150
Tonic (quinine water), 12 oz. 132

Breads

Corn Bread, 1 small square 130
Dumplings, 1 med. 70
French Toast, 1 slice 135
Muffins
- bran, 1 muffin 106
- blueberry, 1 muffin 110
- corn, 1 muffin 125
- English, 1 muffin 280

Melba Toast, 1 slice 25
Pancakes, 1 4 in. 60
Pumpernickel, 1 slice 75
Rye, 1 slice 60
Waffles, 1 216
White, 1 slice 60-70
Whole wheat, 1 slice 55-65

Cereals

Corn Flakes, 1 cup. 105
Cream of Wheat, 1 cup 120
Oatmeal, 1 cup 148
Rice Flakes, 1 cup 105
Shredded Wheat, 1 biscuit 100
Sugar Krisps, 3/4 cup 110

Crackers

Graham, 1 cracker 15-30
Rye Crisp, 1 cracker 35
Saltine, 1 cracker 17-20
Wheat Thins, 1 cracker 9

Dairy Products

Butter or Margarine, 1 T 100
Cheese
- American Cheese, 1 oz. 100
- Camembert, 1 oz. ..... .85
- Cheddar, 1 oz. 115
- Cottage Cheese, 1 oz. 30
- Mozzarella, 1 oz. 90
- Parmesan, 1 oz. 130
- Ricotta, 1 oz. 50
- Roquefort, 1 oz. 105
- Swiss, 1 oz. 105

Cream
- Light, 1 T 30
- Heavy, 1 T. 55
- Sour, 1 T 45

Hot chocolate, with milk, 1 c 277
Milk chocolate, 1 oz. 145-155
Yogurt
- made w/ whole milk, 1 c. 150-165
- made w/ skimmed milk, 1 c. 125

Eggs

Fried, 1 large 100
Poached or boiled, 1 large 75-80
Scrambled or in omelet, 1 large..110-130

Fish and Seafood

Bass, 4 oz. 105
Salmon, broiled or baked, 3 oz. 155
Sardines canned in oil, 3 oz. 170
Trout, fried, 3 1/2 oz. 220
Tuna, in oil, 3 oz. 170
Tuna, in water, 3 oz. 110

continued

Calorie Counter, Cont'd.

Fruits

Apple, 1 medium 80-100
Applesauce, sweetened, 1/2 c. 90-115
Applesauce, unsweetened,
1/2 c. 50
Banana, 1 medium 85
Blueberries, 1/2 c. 45
Cantaloupe melon, 1/2 c. 24
Cherries (pitted), raw, 1/2 c. 40
Grapefruit, 1/2 medium 55
Grapes, 1/2 c. .....35 -55
Honeydew melon, 1/2 c. 55
Mango, 1 medium 90
Orange, 1 medium 65-75
Peach, 1 medium 35
Pear, 1 medium 60-100
Pineapple, fresh, 1/2 c. 40
Pineapple canned in syrup, 1/2 c. 95
Plum, 1 medium 30
Strawberries, fresh, 1/2 c. 30
Strawberries, frozen
and sweetened, 1/2 c. 120-140
Tangerine, 1 large 39
Watermelon, 1/2 c. 42

Meat and Poultry

Beef, ground (lean), 3 oz. 185
Beef, roast, 3 oz. 185
Chicken, broiled, 3 oz. 115
Lamb chop (lean), 3 oz. 175-200
Sirloin steak, 3 oz. 175
Tenderloin steak, 3 oz. 174
Top round steak, 3 oz. 162
Turkey, dark meat, 3 oz. 175
Turkey, white meat, 3 oz. 150
Veal cutlet, 3 oz. 156
Veal, roast, 3 oz. 176

Nuts

Almonds, 2 T. 105
Cashews, 2 T. 100
Peanuts, 2 T. 105
Peanut butter, 1 T. 95
Pecans, 2 T. 95
Pistachios, 2 T. 92
Walnuts, 2 T. 80

Pasta

Macaroni or spaghetti,
3/4 c. cooked 115

Salad Dressings

Blue cheese, 1 T. 70
French, 1 T. 65
Italian, 1 T. 80
Mayonnaise, 1 T. 100
Olive oil, 1 T. 124
Russian, 1 T. 70
Salad oil, 1 T. 120

Soups

Bean, 1 c. 130-180
Beef noodle, 1 c. 70
Bouillon and consomme, 1 c. 30
Chicken noodle, 1 c. 65
Chicken with rice, 1 c. 50
Minestrone, 1 c. 80-150
Split pea, 1 c. 145-170
Tomato with milk, 1 c. 170
Vegetable, 1 c. 80-100

Vegetables

Asparagus, 1 cup 35
Broccoli, cooked, 1/2 c. 25
Cabbage, cooked, 1/2 c. 15-20
Carrots, cooked, 1/2 c. 25-30
Cauliflower, 1/2 c. 10-15
Corn (kernels), 1/2 c. 70
Green Beans, 1 cup 30
Lettuce, shredded, 1/2 c. 5
Mushrooms, canned, 1/2 c. 20
Onions, cooked, 1/2 c. 30
Peas, green, cooked, 1/2 c. 60
Potato
baked, 1 medium 90
chips, 8-10 100
mashed, with milk
and butter, 1 c. 200-300
Spinach, 1 cup 40
Tomato
raw, 1 medium 25
cooked, 1/2 c. 30

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch .....1/8 teaspoon or less
3 teaspoons ..... 1 tablespoon
4 tablespoons.....1/4 cup
8 tablespoons .....1/2 cup
12 tablespoons .....3/4 cup
16 tablespoons .....1 cup
2 cups ..... 1 pint
4 cups ..... 1 quart
4 quarts ..... 1 gallon
8 quarts ..... 1 peck
4 pecks ..... 1 bushel
16 ounces .....1 pound
32 ounces ..... 1 quart
8 ounces liquid ..... 1 cup
1 ounce liquid ..... 2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup.....	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.) .	3 or 4 T. cocoa plus 1 T. butter
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping... a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.

Caraway Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.

Curry Powder A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.

Dill Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.

Fennel Both seeds and leaves are used. Has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

continued

Herbs & Spices

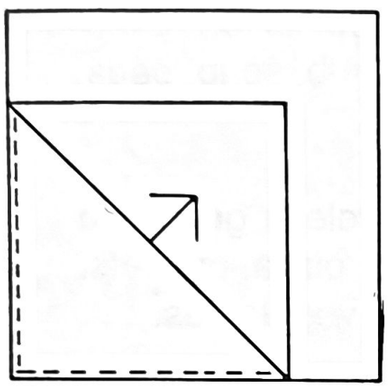
Marjoram	May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
Mint	Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
Oregano	Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
Paprika	A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
Parsley	Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
Rosemary	Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
Saffron	Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
Sage	Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
Tarragon	Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:
Use linen napkins if possible, well starched.
For the more complicated folds, 24 inch napkins work best.
Practice the folds with newspapers.
Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner



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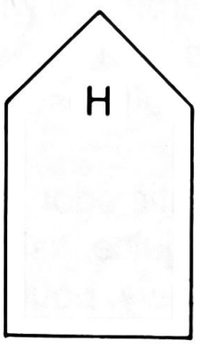

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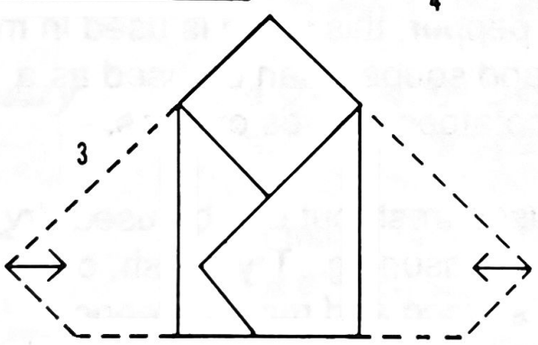

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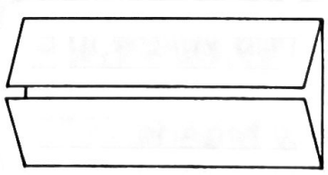
Instructions:
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:
1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette



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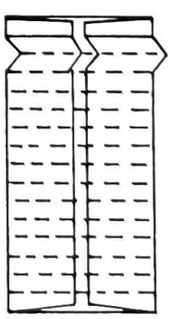

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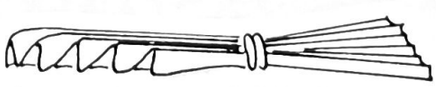

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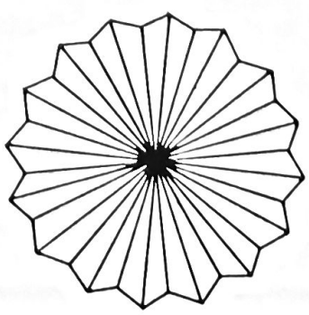

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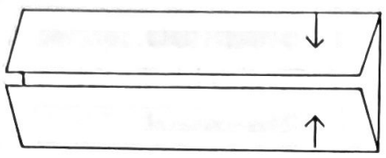
NAPKIN FOLDING

Fan

Pretty in Napkin Ring, or Top of Plate.

Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. well-starched napkins will hold the shape.



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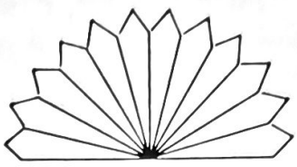

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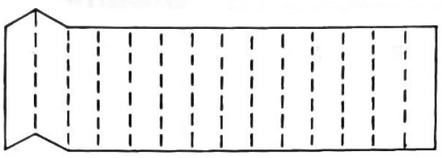

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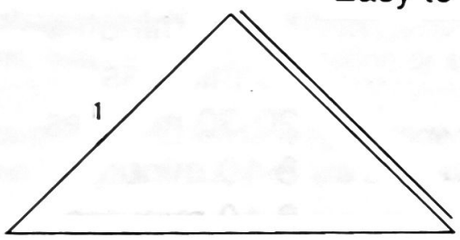
Candle

Easy to do, can be decorated.



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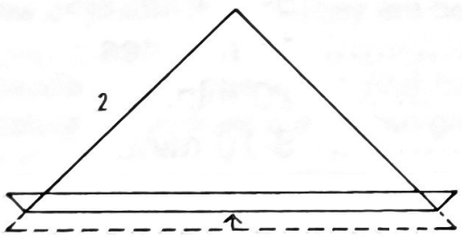

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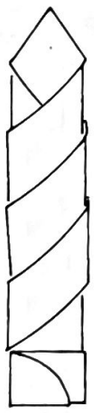


Instructions:

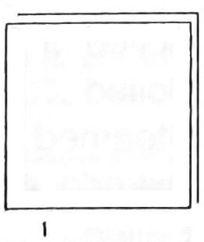
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Lily

Effective and Pretty on Table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



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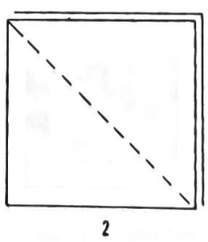

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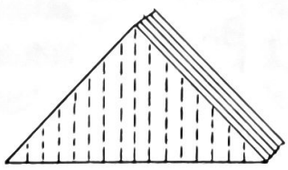

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VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled	10-15 minutes
Artichokes, French	Boiled	40 minutes
	Steamed	45-60 minutes
Beans, Lima	Boiled	20-40 minutes
	Steamed	60 minutes
Beans, String	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skin	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old	Boiled or Steamed	1-2 hours
Broccoli, flowerets	Boiled	5-10 minutes
Broccoli, stems	Boiled	20-30 minutes
Brussel Sprouts	Boiled	20-30 minutes
Cabbage, chopped	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down	Boiled	20-30 minutes
Cauliflower, flowerets	Boiled	8-10 minutes
Carrots, cut across	Boiled	8-10 minutes
	Steamed	40 minutes
Corn, green, tender	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the cob	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Parsnips	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green	Boiled or Steamed	5-15 minutes
Potatoes	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Pumpkin or Squash	Boiled	20-40 minutes
	Steamed	45 minutes
	Baked	60 minutes
Tomatoes	Boiled	5-15 minutes
Turnips	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 cup flour use 1 1/4 teas. Baking Powder
Muffins	To 1 cup flour use 1 1/2 teas. Baking Powder
Popovers	To 1 cup flour use 1 1/4 teas. Baking Powder
Waffles	To 1 cup flour use 1 1/4 teas. Baking Powder
Cake with oil	To 1 cup flour use 1 teaspoon Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	50-60	350 - 400
Rolls	20-30	400 - 450
Biscuits	12-15	400 - 450
Popovers	30-40	425 - 450
Cornbread	25-30	400 - 425
Nut Bread	50-75	350
Gingerbread	40-50	350 - 370

BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.

- The lower crust should be placed in the pan so that is covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

- Folding the top crust over the lower crust before crimping will keep the juices in the pie.

- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

- Cakes should not be frosted until thoroughly cool.

- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	360 - 400	40-60 min.
Butter Cake, layer	380 - 400	20-40 min.
Cake, angel	300 - 360	50-60 min.
Cake, sponge	300 - 350	40-60 min.
Cake, fruit	275 - 325	3 - 4 hours
Cookies, thin	380 - 390	10-12 min.
Cookies, molasses	350 - 375	18-20 min.
Cream Puffs	300 - 350	45-60 min.
Meringue	250 - 300	40-60 min.
Pie Crust	400 - 500	20-40 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints

EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2-2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zweiback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped

TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushroooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender of food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot shortening.

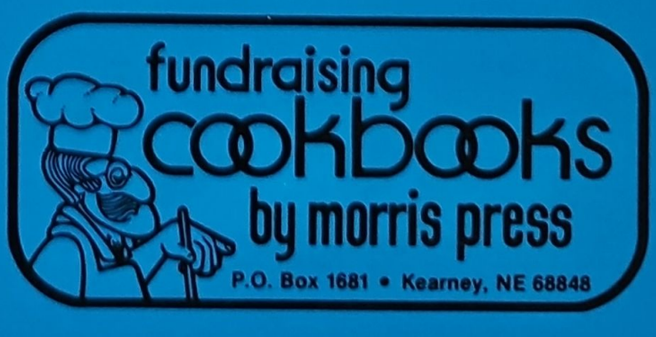
Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.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